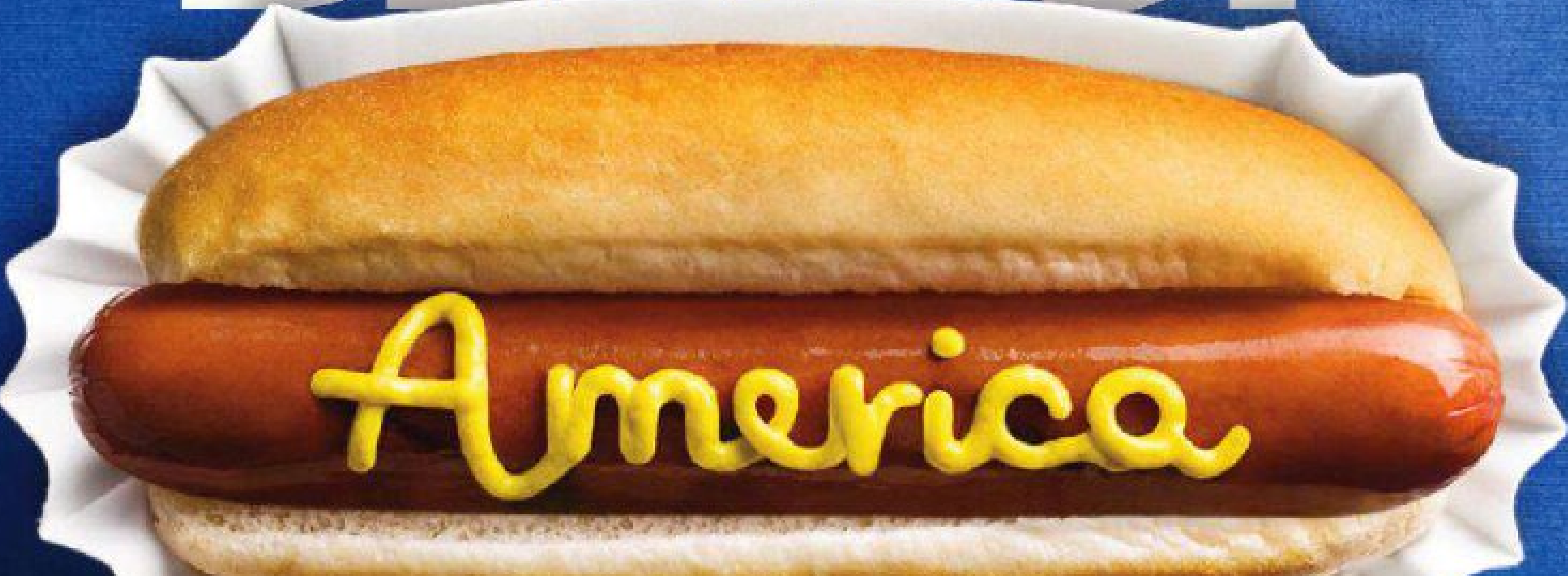
The Best Info & Tips from 350+ Sources

Reader's Digest

Special Issue!
43 BONUS PAGES

BEST OF



100+ PEOPLE, PLACES AND THINGS WE LOVE

MAY 2011

$4.99

DEEP-SLEEP SECRETS
PAGE 158

"I HELP YOUR KIDS CHEAT"
FROM The Chronicle of Higher Education PAGE 134

ADVERTISEMENT StoreMags.com

BALANCE YOUR DIGESTIVE HEALTH, NATURALLY.

BALANCE MATTERS

Occasional constipation, diarrhea, gas and bloating can be signs that your digestive balance is off. Help balance your system naturally with Phillips'™ Colon Health® Probiotics, a daily dose of good bacteria to help your colon do its job.*

WHY TAKE PROBIOTICS?

Probiotics support overall digestive health and defend against occasional digestive issues by replenishing the good bacteria in your system. Phillips' Colon Health Probiotics is the only leading brand to contain three strains of the most commonly studied bacteria:*

- B. longum to support digestive and immune health.
- B. bifidum to help guard against intestinal disturbances.
- L. gasseri to support nutrient absorption and lactose digestion.

WHEN TO USE PROBIOTICS

Taken daily, Phillips' Colon Health Probiotics supports a healthy immune system and overall digestive health. It can also be used when traveling to help your digestive system stay in balance.*

PHILLIPS' dailydigest PROGRAM

Want to help maintain your own digestive balance? Join us on a 21-day journey to better digestive health with Phillips' Colon Health and the dailydigest program. This informative digital tool charts your digestive health progress and provides daily incentives along the way:

- Track your digestive health progress
- Get daily health tips, guidance and inspiration
- Keep your own video journal
- Earn valuable product rewards

Visit phillipsrelief.com to get started.

Phillips'
colon
HEALTH
PROBIOTIC CAPS

©2011 Bayer HealthCare LLC

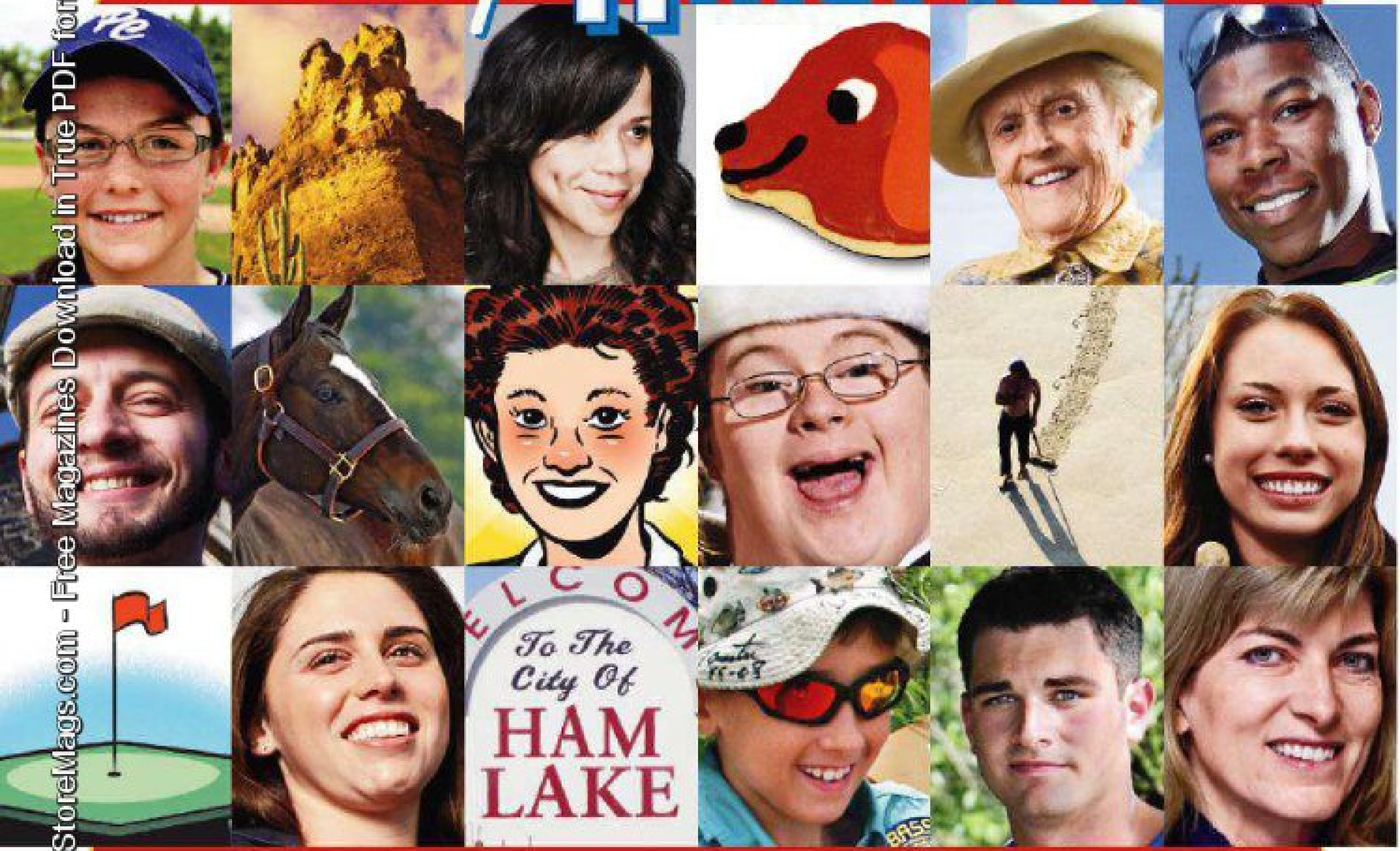
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BAYER

Reader's Digest
MAY 2011

BEST of America

PAGE 86



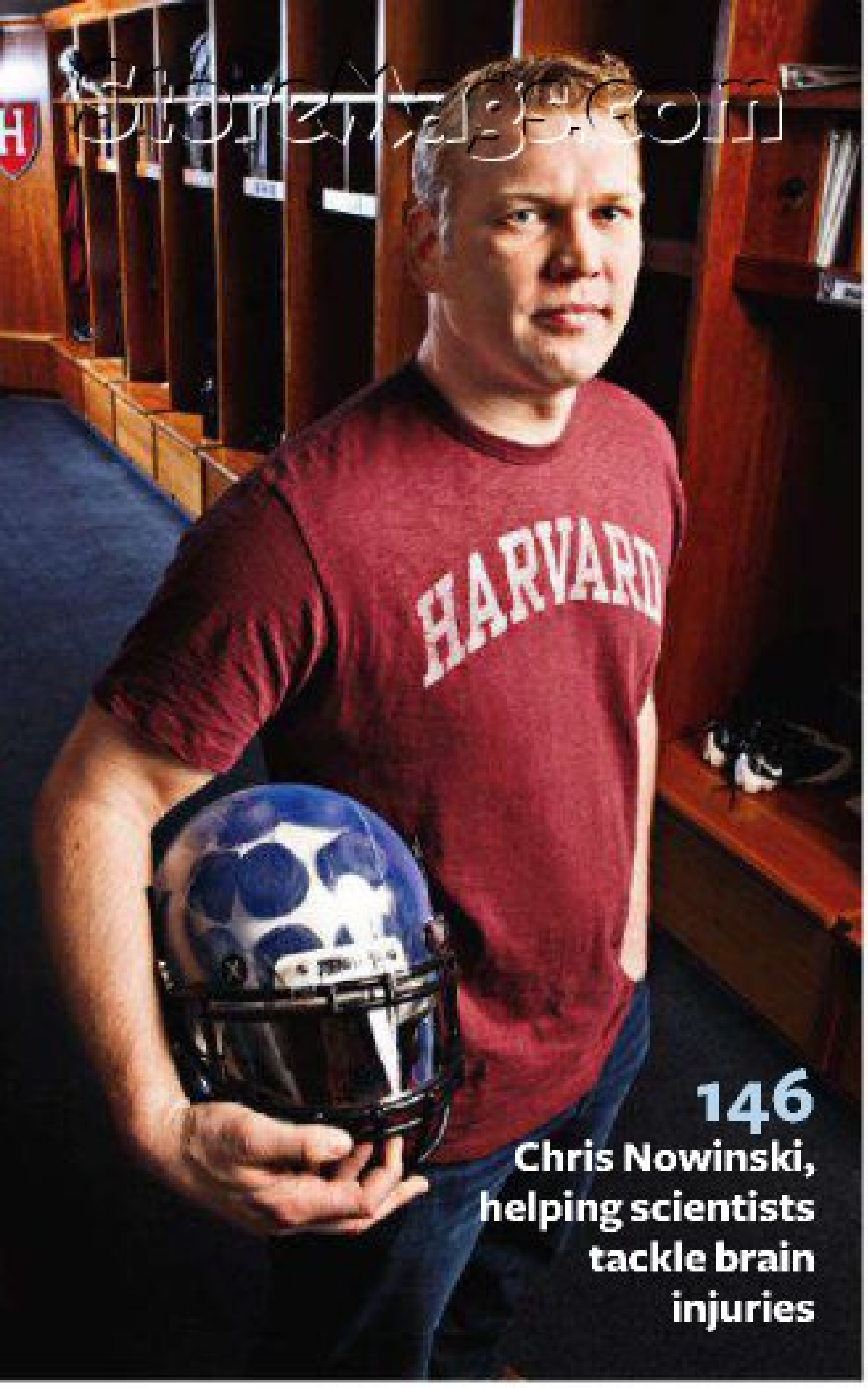
Our annual celebration of the exceptional people, special places, and extraordinary things that make our country great:

- ★ eight everyday heroes, ages 13 to 95
- ★ seven breathtaking photos of natural beauty, from sea to shining sea
- ★ six readers' picks for the best American beers, candies, mascots, and more
- ★ five wacky contests (our favorite: mashed potato wrestling!)
- ★ four regional delicacies
- ★ three inspirational places to work
- ★ two ingenious scientists
- ★ one saucy racehorse

PLUS the towns that won our "We Hear You, America" contest

★ LOOK FOR THE "BOA" STAMP ON OTHER ARTICLES IN THIS ISSUE, AND CHECK OUT OUR WEBSITE AND IPAD VERSION FOR MORE C[illegible]A" TOUR.

ON THE COVER: PHOTOGRAPHED BY FRANCESCO TONELLI/GETTY IMAGES



146
Chris Nowinski, helping scientists tackle brain injuries

Reader's Digest

FEATURES

134 **The Cheating Epidemic**
ED DANTE
A paid academic ghostwriter reveals a landslide of student fraud. Recommended by the editor of the *Chronicle of Higher Education.*

142 **Quick Study: The Royal Wedding**
Millions will be spent. Around four billion will watch. Here's a peek behind the scenes.

146 ★**The Brain Fixers** KATHERINE GRIFFIN
How three different head injuries changed the way experts think about the brain.

158 **Good Night: The Essential Guide to Deeper Sleep**
MICHELLE CROUCH
They may have never been in a sleep lab, but these insiders know the secrets of snooze.

165 **The Freedoms That Make Us Great**
Danielle Ofri, MD, on the triumph of freedom over fear. The fourth, and final, installment in our Four Freedoms series.

172 ★**The Greening of Greensburg** BRIAN MOCKENHAUPT
When a tornado destroyed this Kansas farm town, citizens vowed to rebuild it as the most eco-friendly place ever.

182 **What Are the Odds?**
CRACKED.COM
The five most mind-blowing coincidences of all time.

188 **Full House** MELISSA FAY GREENE
What happens when the author brings two orphaned brothers into her household of seven other kids.

142
Will & Kate: the making of a royal wedding

FROM TOP: PHOTOGRAPHED BY JASON GROW; ILLUSTRATED BY SEAN MCCABE, PHOTO BY GETTY IMAGES

My vet thinks I'm beautiful...
inside and out.

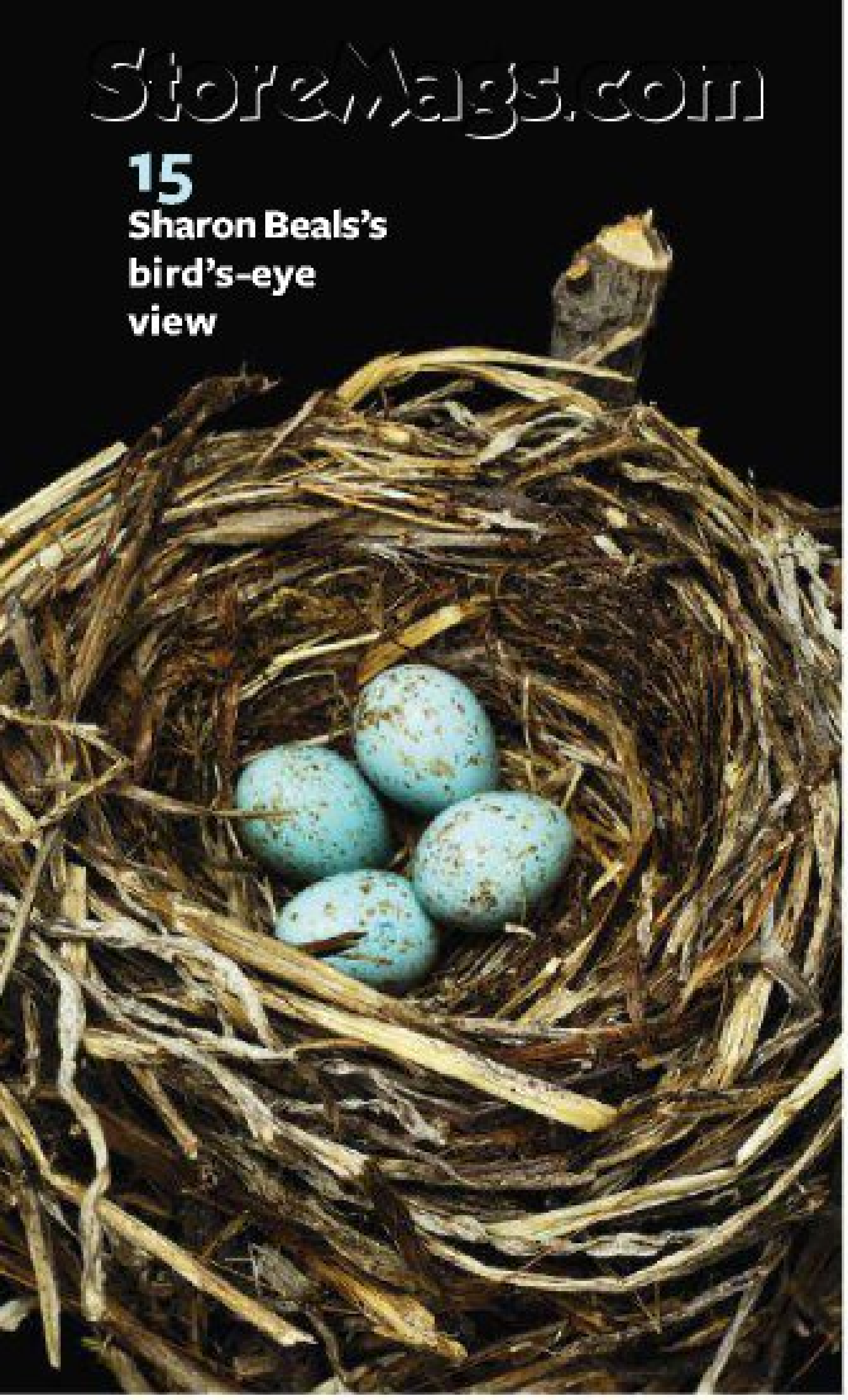
©2011 P&G

Iams Premium Protection with PreBiotics.
Vets agree, a healthy checkup starts inside.
Iams Premium Protection is fortified with cutting-edge ingredients like PreBiotics. PreBiotics work inside the digestive tract and are clinically proven to promote healthy digestion and strong defenses. To learn more, visit **Iams.com.**

Iams Premium Protection.
The most advanced Iams nutrition. Ever.

PREMIUM PROTECTION
IAMS
ADULT

PREBIOTICS for strong defenses
VITAMIN E for immune system health
L-CARNITINE to help burn fat in adult pets
NATURAL FIBER for healthy digestion
OMEGA 6:3 for healthy skin and coat



15
Sharon Beals's bird's-eye view

Reader's Digest

THE DIGEST

16 **Work** The case for crying on the job; five lessons from *The King's Speech*

22 **Food** The best hot dogs in America; waiters' behavior explained

28 **Home** Tips for fixing four annoyances; new paint for old houses

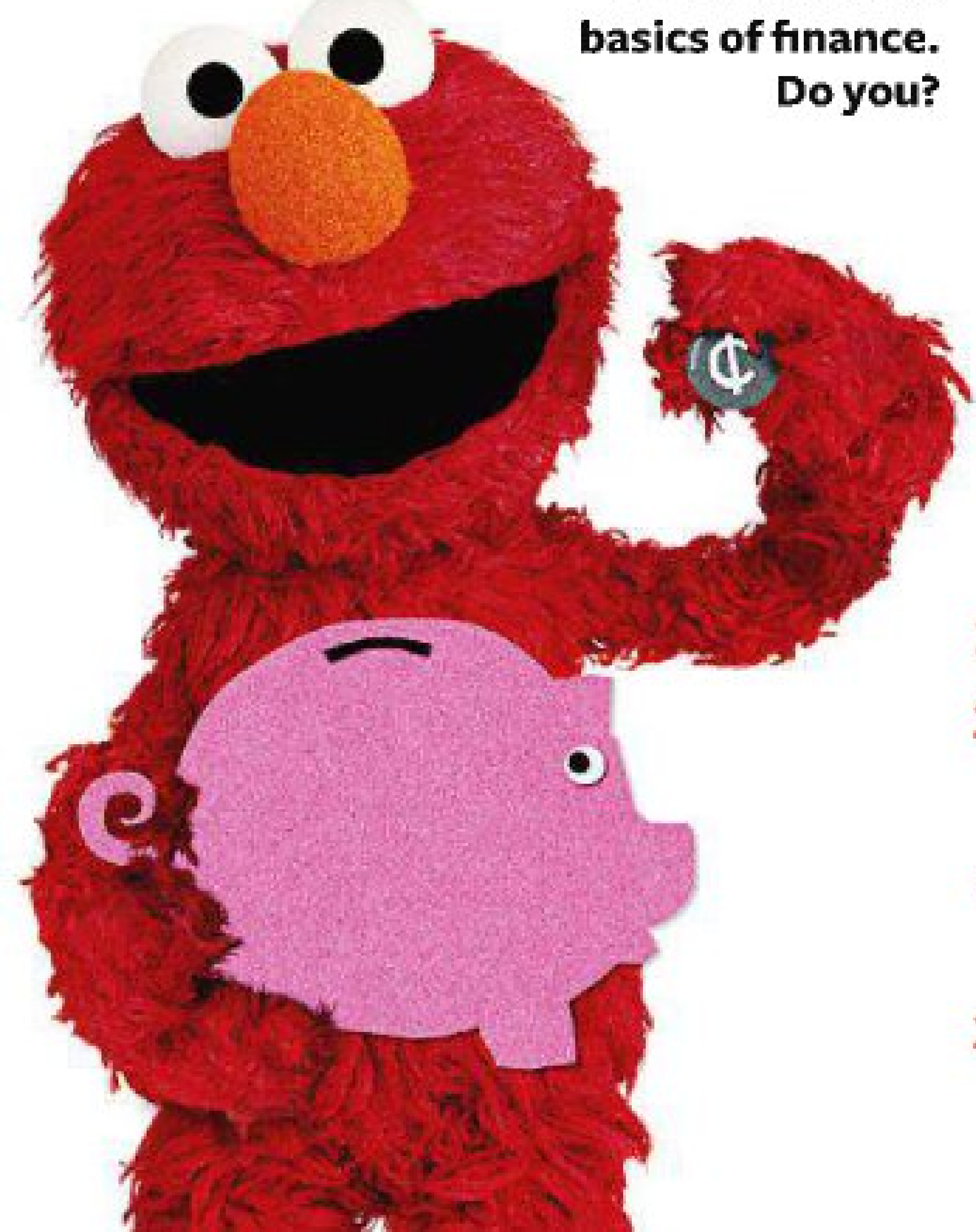
34 **Money** 13 things your jeweler won't tell you; learn to have willpower over your wallet; financial basics even Elmo knows

45 **Health** How to avoid car sickness and cruise-ship crud; get your feet ready for sandals season

56 **Family** Four great spots for a family reunion; a wife and mother-in-law bond

63 **Misc** Random ideas from all over; catching up with tennis champ Kim Clijsters

34
Elmo knows the basics of finance. Do you?



COURTESY SESAME WORKSHOP

DEPARTMENTS

9 **React** Your letters

73 **@Work** Office humor

76 **Around the World with One Question** How often do you eat with your family?

78 **Ask Laskas** Commonsense advice
JEANNE MARIE LASKAS

80 **Life's Funny That Way** Readers' true stories

203 **Quotes** Wise words

206 **Off Base** Humor in uniform

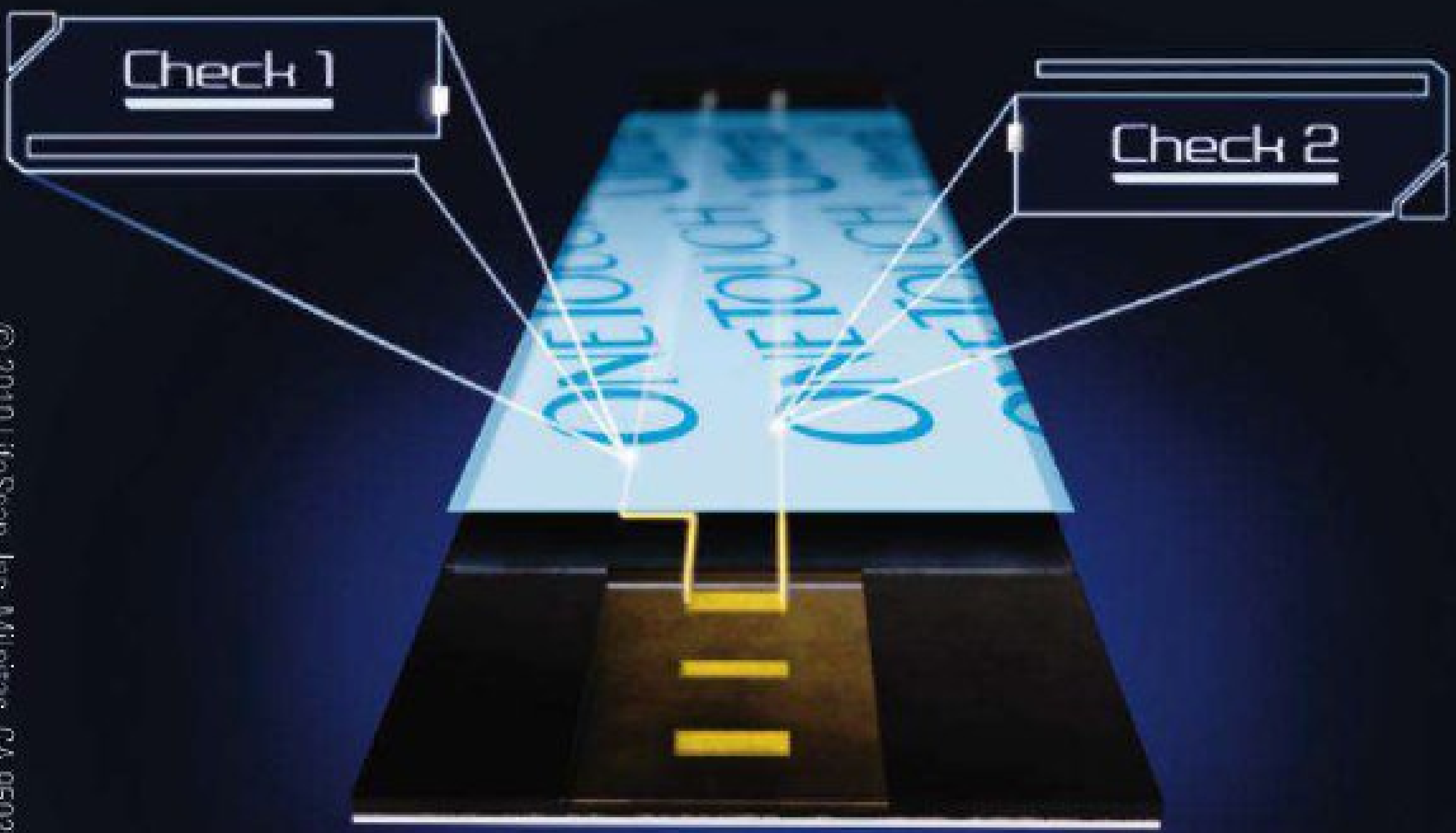
211 **Word Power** Test yourself

216 **Laugh!** Our favorite jokes

220 **Last Laugh**

Get tips to make life easier at readersdigest.com.

The test strip with a
second opinion built right in.



DoubleSure™ Technology.
In every OneTouch® Ultra® Blue Test Strip.

It measures each blood sample not once, but twice, to confirm your result. So you're not just sure about what's happening with your blood sugar—you're DoubleSure.™

OneTouchDiabetes.com

ONETOUCH®

DoubleSure™ Technology

© 2010 LifeScan, Inc. Milpitas, CA 95035 1/10 AW 3046132A

StoreMags.com - Free Magazines Download in True PDF format

Release: StoreMags & FantaMag

Reader's Digest

Global Editor-in-Chief Peggy Northrop
Executive Editors Barbara O'Dair, Tom Prince
Managing Editor Ann Powell
Deputy Editor Lisa Davis
ReadersDigestVersion.com
Managing Editor Dina El Nabli

National Affairs Editor Robert Love
Features Editor Andy Simmons
Editor at Large, Books Dawn Raffel
Senior Editor Beth Dreher
Assistant Editor Natalie van der Meer

Assistant Managing Editor Paul Silverman
Copy Editor Janice K. Bryant

Research Manager Francis K. Lostys
Assistant Research Editor Kirsten Rohrs Schmitt

Art Directors Dean Abatemarco, Marti Golon
Director of Photography Bill Black
Layout Assistant Jennifer Klein
Photo Researcher Emilie Harjes

Production Manager Tara Knight

Magazine Rights Sandra McCormick Hill (*Director*), Tara Zades

Library Ann DiCesare

Editorial Assistants Leslie Gordon (*Executive*), Lauren J. Gniazdowski, Elizabeth Kelly

Columnist Jeanne Marie Laskas
Washington Correspondent Carl M. Cannon

Contributing Editors Max Alexander, Eddie Brill, Arthur C. Brooks, Sam Dealey, Margaret Heffernan, David Hochman, Jesse Kornbluth, Mary Roach

Design Consultant Robert Newman

Reader's Digest is published in 50 editions in 21 languages, in Braille, in large print, and for the iPad, Kindle, and Nook.

Vice President, Sales and Sponsorships, Reader's Digest Media Mark S. Josephson
Vice President, Marketing/ Brand Development Jacqueline Majers Lachman
Vice President, Business Development Marilynn Jacobs

Advertising Sales
New York Mark Bernardini (*New York Advertising Manager*), Deborah Baron, Kate Buchanan, Meredith Kurland-Jeffery, Joanne Parlamis, Beth Roth
Atlanta Emily Brown
Chicago Mark Adeszko
Dallas Carol Contestabile
Los Angeles Catherine Marcussen
San Francisco Sandy Fish

Marketing Barbara Shornick (*Director, Advertising Sales/Sponsorship*), Shauna Balderamos, Daisy Matias, Cara Winer, Lorna Shayne, Alyssa Kopelman

Chief Financial Officer Howard Halligan
Business Manager Jeremy Carlucci
Advertising Services Director Kristine Wimmerstedt

Retail Sales Lisa McDonald, Brian Theveny

Vice President, Magazine Marketing Dave Fiegel
Vice President, Digital Marketing Norin Crawford
Vice President, Global Customer Care Suzanne Ronner

Public Relations Karen Reynolds

Associate Director of Production, U.S. Magazines Patricia Nolan
Advertising Production Manager Leslie Kogan

For advertising questions, please contact Mark S. Josephson at 646-293-6161.

THE READER'S DIGEST ASSOCIATION, INC.

President and Chief Executive Officer
Mary G. Berner
President, Reader's Digest Community Dan Lagani
North American Chief Marketing Officer Lisa Karpinski

How to Reach Us

>> Letters to the Editor

- letters@readersdigest.com
- React, Reader's Digest, PO Box 6100, Harlan, Iowa 51593-1600.

Include your full name, address, e-mail, and daytime phone number.

We may edit letters and use them in all print and electronic media.

>> Submissions

For short humor items, please see page 74. We regret that we cannot accept or acknowledge unsolicited artwork, photographs, or article-length manuscripts.

>> Customer Care

Subscriptions, renewals, gifts, address changes, payments, account information, and inquiries:

- readersdigest.com/help
- 877-732-4438
- Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595

No more
HIDING
backstage
always
Maxi
LeakGuard™ PLUS
with Odor Lock
ABSORBS in seconds. NEUTRALIZES odors for hours.
PADS
with Odor Lock

Step into the spotlight with confidence with OdorLock™ protection. Always Maxi LeakGuard™ PLUS absorbs in seconds and neutralizes odors for hours. It absorbs faster and reduces odor better than the leading super maxi pad. OdorLock™ protection also available in Always Dri-Liners Plus+. *Protects like magic.*

Scan here
to learn more.

©2011 P&G

ADVERTISEMENT

WE HEAR YOU
LOUD AND CLEAR.
MORE
SUPPORT.
MORE TOWNS.
MORE VOTING.

Nearly half of every city and town in America has participated in the We Hear You America campaign. So we're increasing our commitment to $7.5 million in financial and promotional support and continuing to energize communities across the country.

VOTE NOW @ RD.com

WE HEAR YOU AMERICA

Reader's Digest

Reader's Digest

No purchase necessary to enter or win. Open to U.S. residents age 18 and over. Sweepstakes opens March 8, 2011 and closes May 16, 2011. Void where prohibited. For entry details and official rules, visit RD.com/WeHearYouAmerica/Rules

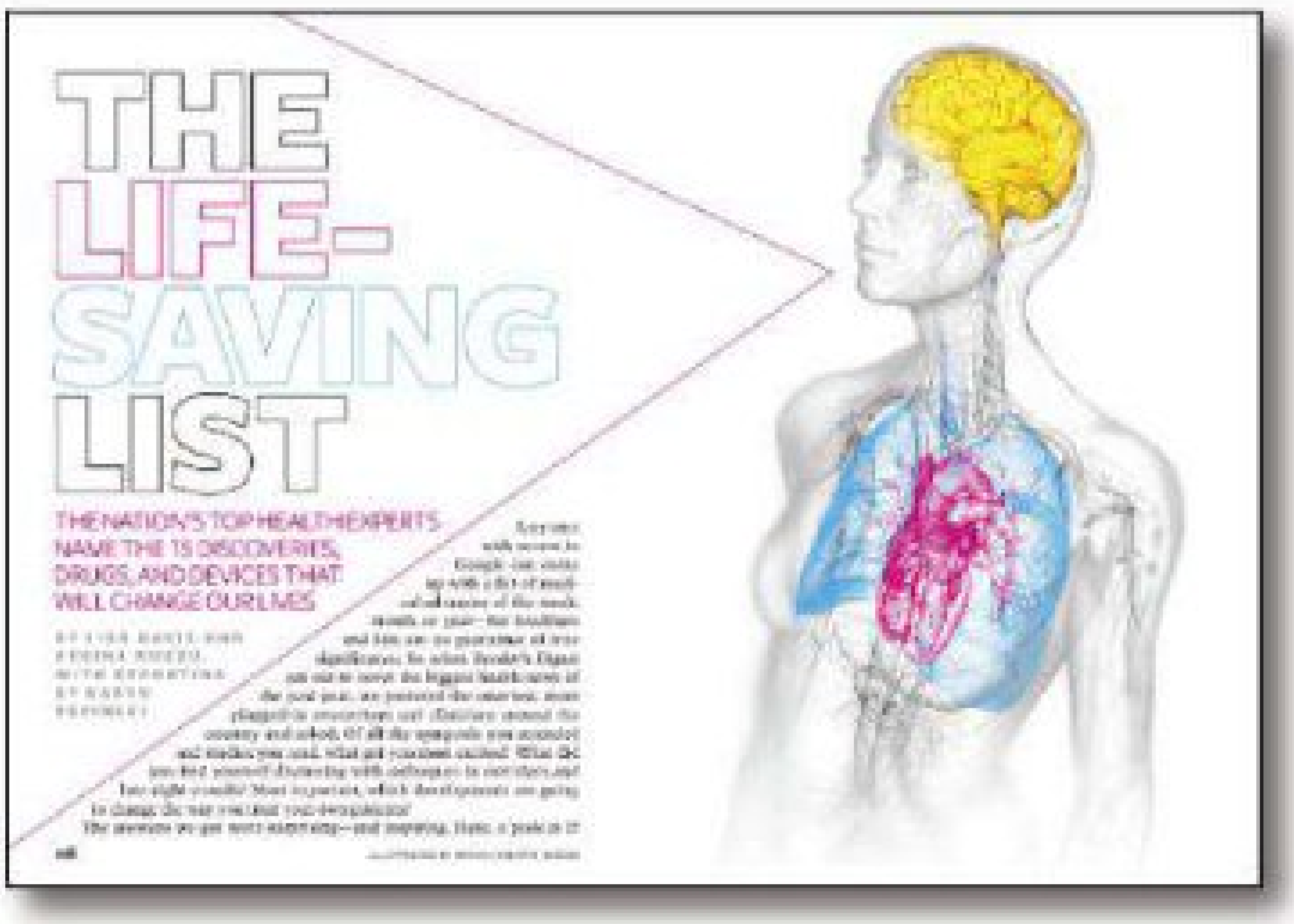
React

LETTERS ON THE MARCH ISSUE

Adult Stem Cells

In "The Lifesaving List," it would have been helpful to specify that many of these breakthrough treatments, such as repairing heart damage, use adult stem cells. Many people read *stem cells* and automatically think of the controversial embryonic stem cell research. Adult stem cell research, which has no ethical implications because there is no human embryo destruction, is soaring ahead with many promising medical treatments.

Eileen Haupt, Jericho, Vermont



THE LIFE-SAVING LIST

THE NATION'S TOP HEALTH EXPERTS NAME THE 15 DISCOVERIES, DRUGS, AND DEVICES THAT WILL CHANGE OUR LIVES

Digital Delight

The new digital edition is simply an extension of the overall excellence I've come to expect from my favorite magazine. I turned 65 in January and can remember my parents reading the *Digest* to me before I was able to on my own. The "I Am Joe's" body-part series taught me about my inner workings. The little blurbs at the bottom of articles made me laugh. The stories and book excerpts expanded my horizons and taught me about the world. Thank you for yet another way to keep in touch with my world. (I'm so glad you don't offer it on my new iPhone. I'm having enough trouble just calling home.)

Sally Gillies, Ormond Beach, Florida

I'm a CPA by weekday and a writer/independent researcher/blogger all other days and times. I loved *Reader's Digest* as a kid, but as an adult, I pretty much ignored it—until I bought the color Nook and promptly subscribed. Now when I show off the e-version of it to friends with Nooks, they furrow their brows, look at the e-issue, and say, "Wow! That's *Reader's Digest*?" It's like I've discovered the magazine all over again. It's fun, bright, remarkable, eclectic, and relaxing.

Karen A. DeCoster, Clinton Township, Michigan

Protecting Our Children

I felt like "The Kids Aren't All Right" in Family Digest was addressed directly to me. Before my husband's first deployment, our three-year-old daughter would get stomachaches that no one could explain. They turned out to be related to stress.

WHAT'S THE GREATEST LESSON YOU'VE LEARNED FROM A TEACHER? ... THE READER'S DIGEST VERSION

Teachers taught us our ABC's, 1-2-3's, and more. We asked our Facebook followers to share some memorable lessons they learned in class:

>> To keep on keepin' on.
M. B., Buffalo Grove, Illinois

>> A trick to learn multiples of nine using my fingers. *Y. H.,* Pontiac, Illinois

>> How to spell *assume*: Don't make an "ass" of "u" and "me"!
B. G., Toronto, Canada

>> Be curious about everything, because curiosity generates questions.
R. S., Karachi, Pakistan

>> Attention, caring, compassion, respect, understanding!
P. K., Bay St. Louis, Mississippi

>> The only stupid question is the one you don't ask. *C. O.,* Lagos, Nigeria

>> Slow down and check your answers twice. *C. W.,* Helena, Alabama

>> Never take what you hear at face value. *G. J.,* Painesville, Ohio

>> Success is the fruit of discipline and hard work. *C. Z.,* Manila, Philippines

>> You are not better than anyone, and no one is better than you.
T. D., Alamo, Tennessee

>> Laundry is the only thing that should be separated by color.
S. Y., Surigao City, Philippines

>> Never get arrested.
E. G., Canton, Ohio

When my husband deployed the second time, we fibbed to her about where he was going, to prevent her from stressing again. For a long time, I questioned the wisdom of lying to my child, but in the end I knew it was the best thing for her. Kids feel our stress and their own—we need to look out for them.

Jill Diebold, Colorado Springs, Colorado

Pet Peeves

P. J. O'Rourke thinks his dog is better trained than his children ("Sit, Stay, Whoa!")? He might have had more success if he'd been a little more thoughtful in choosing their names. His dog Millie has a name more suitable to a person, and his children's names—Muffin, Poppet, and Buster—are more appropriate for dogs. Maybe that's why they're responding so well to the training.

Denise Stanco, Catonsville, Maryland

Don't Unplug Me

I think the mom who banned all electronics from her home for six months was nuts ("Digital Detox")! I don't take technology for granted; it plays an important role in our lives. But she went a little too far.

Nathan Bush, Churdan, Iowa

Film Critics

I absolutely loved "Fact vs. Film." Please make it a regular feature.

Jerry Kleinberg, Saratoga, California

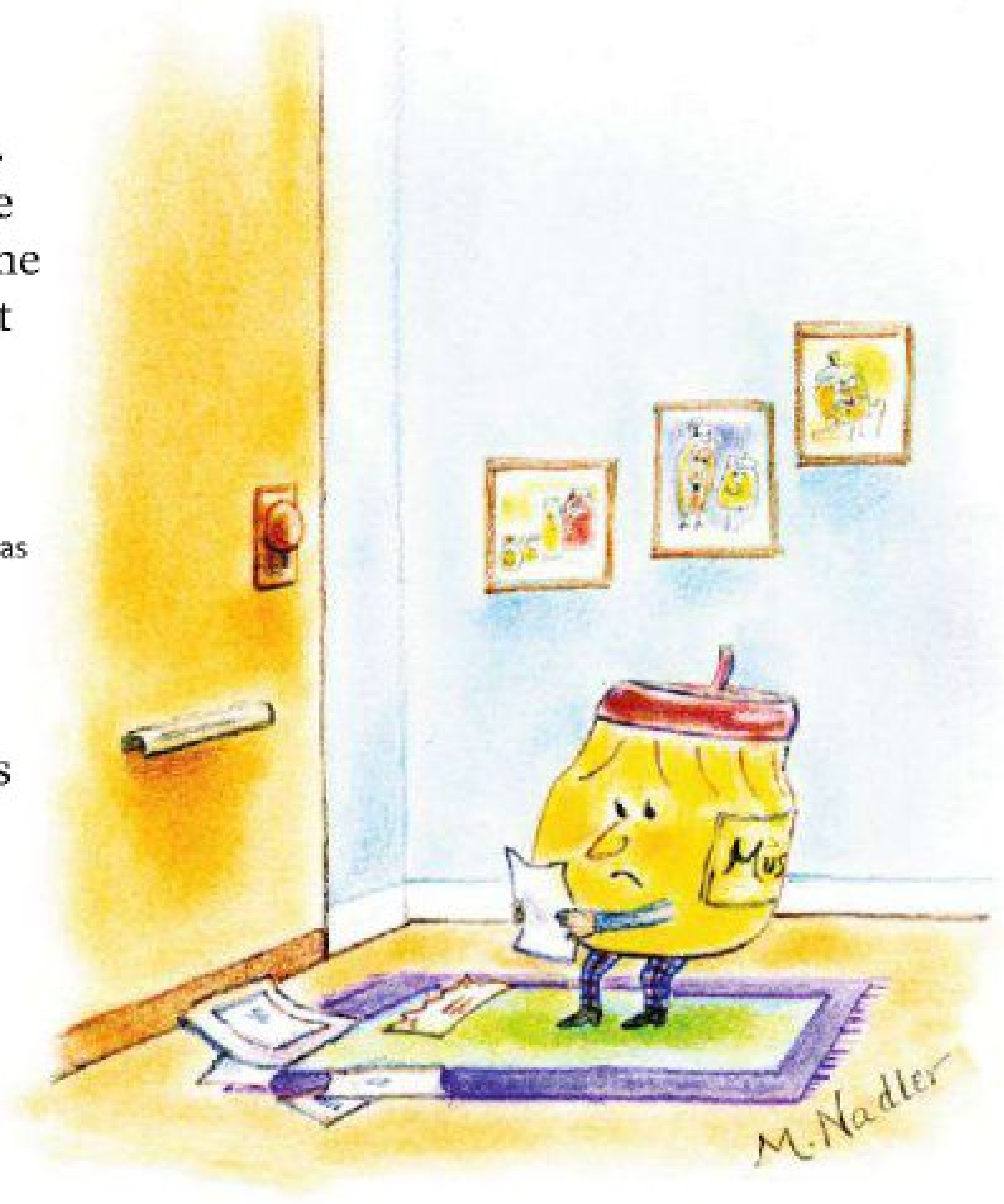
One of your "facts" in the movie deconstruction was wrong! "The extended barrel of a shotgun ... gives him an extra two or three cartridges before reloading." The barrel of a gun could be ten feet long—and not add any shots. The extended *magazine* adds a couple of rounds, however.

Tom Puent, Wichita, Kansas

Service of the Heart

Brian Mockenhaupt's article "The Men He Left Behind" was a vivid reminder of what our servicemen and -women have to deal with to preserve and protect our freedoms and to make this world safe. Kudos on such a wonderful and heartfelt story.

Randy Tijerina, San Antonio, Texas



Jacques receives a Dijon letter.

Clean and Safe

When I read Henry Alford's "Your Kitchen: Pass or Fail?" (Home Digest), it brought to mind what I used to teach about food safety years ago. Instructing students in safe food-prep techniques, I referred to the greatest threat as "T.P.F." or "toilet paper failure," and that single phrase became the best argument for a hand-washing routine. It's all the more reason not to wash your hands in the same sink where food is prepared! *Bill Manning,* Austin, Texas

Bear Facts

Some adventure story ("In the Jaws of the Polar Bear")! With fewer than 25,000 polar bears worldwide, it is a tragedy that one was killed because of the ambition and arrogance of two young men trying to set a meaningless record.

Anna Roland, Cheyenne, Wyoming

The Freedom to Knock

Guess what—I am one of Jehovah's Witnesses. I live in the United States and thankfully enjoy freedom of religion. And yes, I knock on people's doors regularly (Home Digest). If *Reader's Digest* feels the need to tell its readers how to "get rid" of me, maybe it's time I "got rid" of *Reader's Digest*! *Michelle Heyer,* Santa Cruz, California

Correction: The Mayo Clinic is in Rochester, Minnesota, not New York ("The Lifesaving List").

ILLUSTRATED BY MARY NADLER

Sat. 8:12 a.m.
Made it over the ridge.

Sat. 3:43 p.m.
Headed down the trail.

Clear your mind in Texas. To take this vacation
TravelTex.com/tripplanner. Or for your free
Guide and Texas Map, go online or call

© 2011 Office of the Governor, Economic Development and Tourism. PKMY11

Sat. 8:28 p.m.
Rode under the open sky.

Sat. 9:07 p.m.
Got away from it all.

or plan your own Texas adventure, just visit
Texas State Travel Guide, Accommodations
1-800-8888-TEX (ext. 5989).

TEXAS®

It's like a whole other country.

Finally, free yourself from back pain.
Sciatica
Arthritis of the Spine
Spinal Stenosis
Degenerative Disc Disease
Herniated Disc
Foraminal Stenosis
Bone Spurs
Facet Disease

Laser Spine Institute's minimally invasive procedures are the safe and effective alternative to open back or neck surgery.

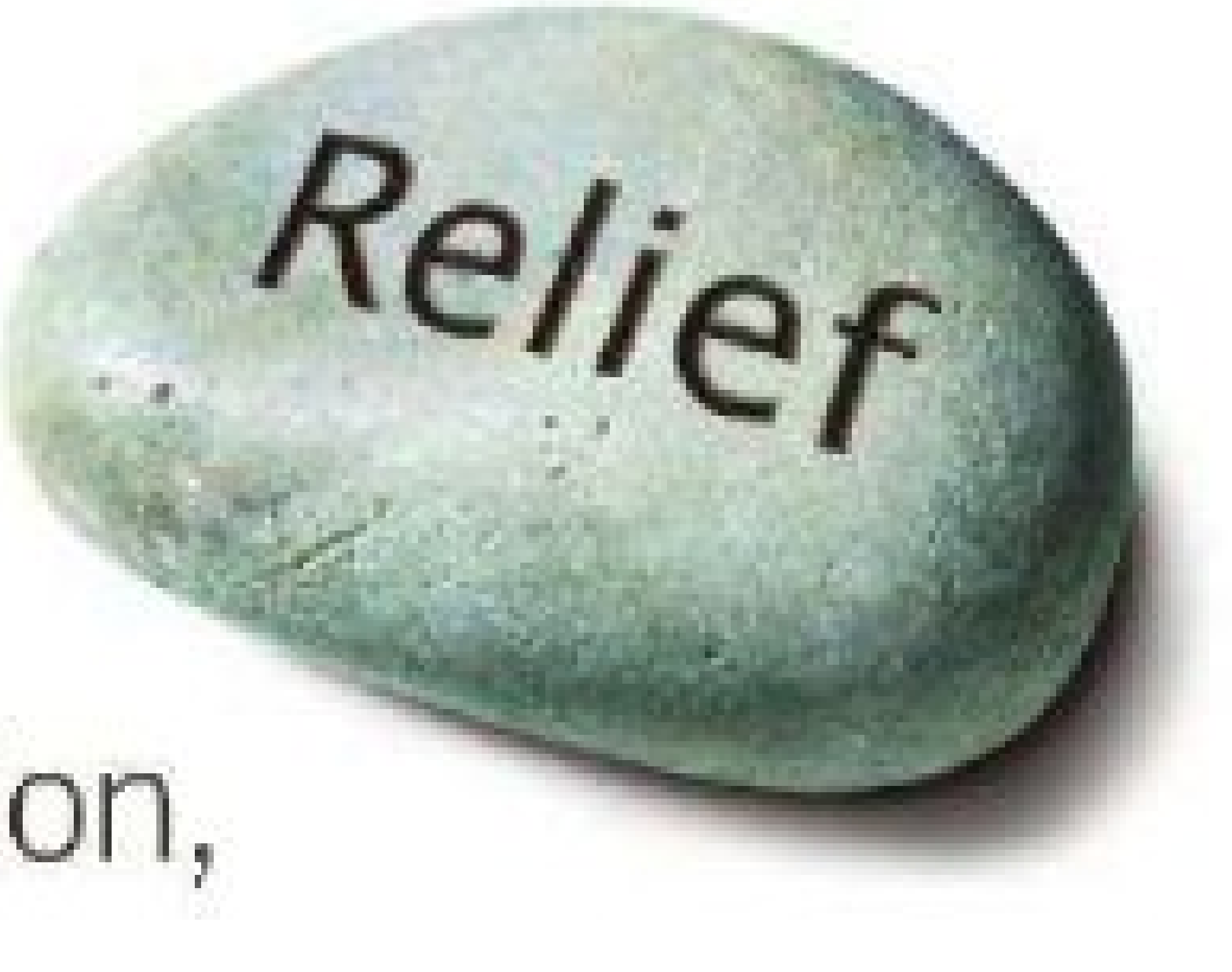
Each month, more people come to Laser Spine Institute to relieve their neck and back pain than to any other spine surgery center in the world.

- Outpatient procedure
- No lengthy recovery
- Less than 1-inch incision
- No general anesthesia
- No fusions or hardware
- 90% patient satisfaction

LASER SPINE INSTITUTE®
THE LEADER IN ENDOSCOPIC SPINE SURGERY

Call **1-866-382-0672** today for information,
or visit **www.LaserSpineInstitute.com**

In network with UnitedHealthcare. Most insurance accepted.



The Digest

Simply put

Work page 16

Food page 22

Home page 28

Money page 34

Health page 45

Family page 56

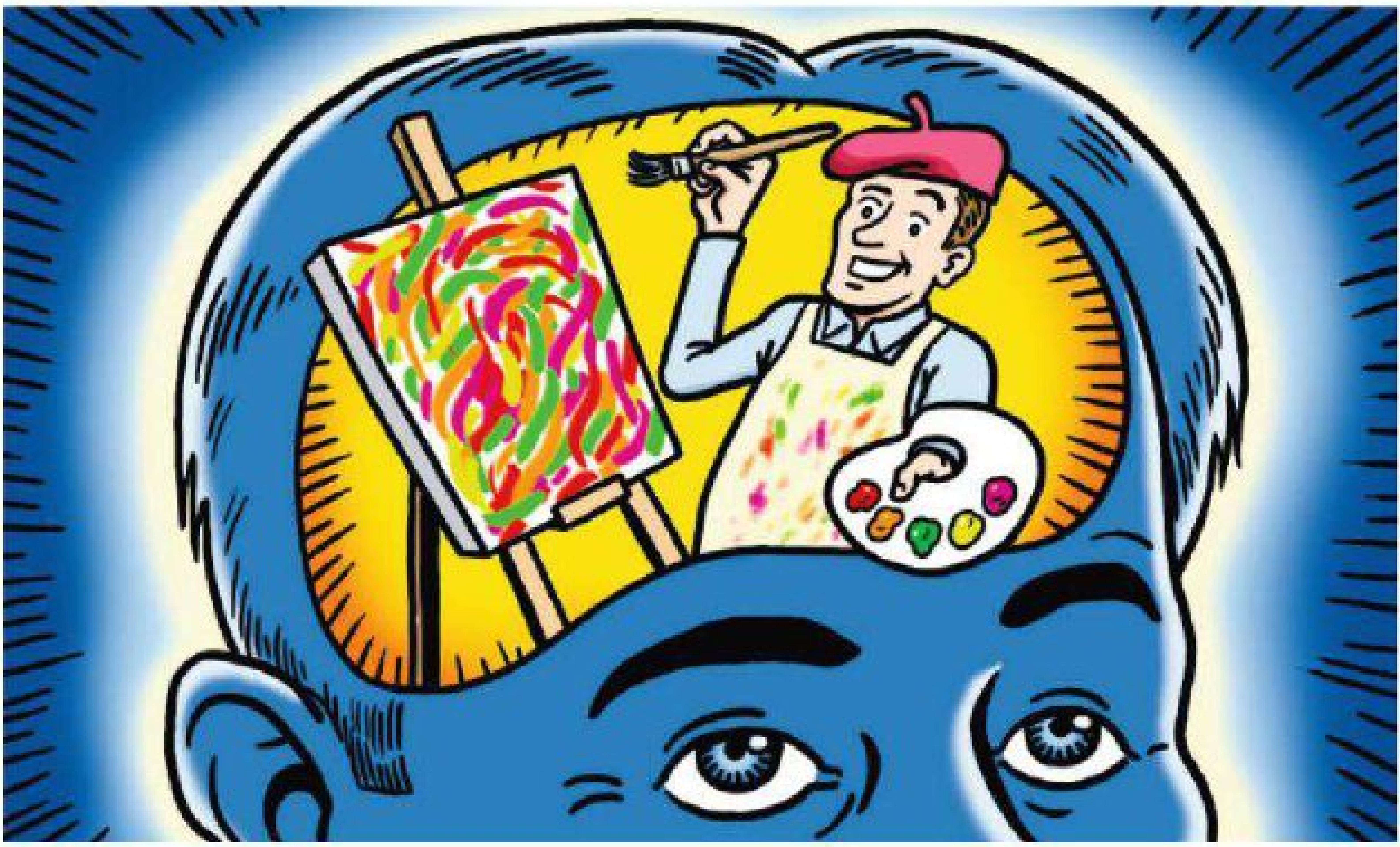
Misc page 63

Bird Houses

The nest of the Swainson's thrush contains a little bit of everything: grass, twigs, moss, and rootlets, with a lining of leaves, horsehair fungus, moss, or lichen. Though the songbird is not endangered, tall buildings, cell phone towers, and cats are its special enemies. Study its home—and 49 others—in ***Nests*** (Chronicle Books, $29.95), by photographer-author Sharon Beals.

The Art of Problem Solving

Nine bright ideas to spark fresh thinking—in yourself and others—from entrepreneurs, experts, and artists



ILLUSTRATED BY WARD SUTTON

1 Make time to think. Google gives its engineers one day a week to work on personal projects the company might benefit from. Joey Reiman, an Atlanta-based innovation consultant for firms like Coca-Cola and Delta Air Lines, rewards his employees with five annual "Your Days" (plus nearly five weeks of vacation!) to get out of the office and do some blue-sky thinking. Sadly, Reiman tells *Inc.* magazine, the last bastions of creative thinking are "the car, the john, the shower, the church or synagogue, and the gym."

2 Turn work into play. Cashiers at Target play a game that gives them instant feedback on their checkout speed, says Aaron Dignan, author of *Game Frame: Using Games as a Strategy for*

Success. And Netflix famously offered a $1 million prize to the first team—employees or not—to improve the company's software. “These companies are improving their business with games, but they're also keeping employees engaged and creating competition,” says Dignan.

3 **Learn from catastrophe.** “Success is inspirational; disaster is educational,” says Chunka Mui, a management consultant and coauthor of *Unleashing the Killer App*. “There's no formula for innovation; there are too many special conditions to any success story,” but everyone can learn from the mistakes of the past. How? Mui says his own aha moment came from Steve Jobs's famous commencement address at Stanford, in which he talked about connecting the dots between his failures and how it led to his success. Find it on YouTube; search for *Steve Jobs* and *Stanford*.

4 **Chuck the rules.** Try “white space management,” says forbes.com blogger Adam Hartung. What's that? “No rules. Not really any plans. No forecasting markets.” And no trying to outsmart clients, users, or customers. Sounds a little out there, but Hartung, an author and a consultant to Fortune 500 firms, says that's exactly the strategy Facebook applied to succeed (users guided the company to what they wanted), while its forerunner Myspace, saddled with highly paid corporate management, fell far behind.

5 **Think like a kid.** Free your mind and eliminate your “inner detractor,” says Darya Zabelina, of Northwestern University, who studies creativity in children. How? One tried-and-true way, according to Julia Cameron, a novelist and playwright who has been teaching creativity for 25 years, is to write three pages—in longhand—first thing every morning about whatever comes to mind, no second-guessing, no editing. It's a “mental DustBuster,” Cameron tells *U.S. News & World Report*, “sucking up the negativity that might inhibit creativity later.”

One company gives every employee two “I screwed up” cards. Message: Take a few risks.

6 **Banish fear.** Josh Linkner, founder of ePrize, an interactive promotions agency, knows of a company that issues its employees two “I screwed up” cards. Workers are encouraged to take creative leaps, and if they fail? “No questions asked, you're off the hook,” Linkner tells *IndustryWeek*. And, he notes, when doing annual reviews, supervisors “get kind of mad” if employees haven't used both cards. >>

7 Smash routine. Try something new. Joey Reiman's company holds an annual event at which employees are invited to tackle something they've never done, like skydiving or giving a big presentation. Mark Runco, a professor of creative studies at the University of Georgia, uses simple tricks to keep his creative edge: He never drives the same route twice and mixes his slacks, shirts, and jackets in surprising ways.

Chuck Close said he needed to "isolate one small piece" of his work and ignore the big picture.

8 Break it down. Chuck Close, the celebrated portrait artist, embarked upon the work that changed his career when he "found a way to break down a complicated image into a lot of small, bite-size pieces." As a student with learning disabilities, Close was an undisciplined artist, easily overwhelmed by big projects and not very good at "flying by the seat of my pants," as he tells Kurt Andersen in *Spark: How Creativity Works*. "I found it to be particularly helpful to use a grid to isolate one small piece that I could work on and forget about the rest of the picture."

9 Use feedback and rewards. A quick "great job" e-mail from a manager increases the likelihood of creative risk-taking in most employees. If you're not getting feedback, ask for it. Rewards should vary. Dignan suggests that managers reward star employees with challenges that will develop new skills. "Helping expand their repertoire will help keep them engaged and performing at a high level." ■

TREND

Kill That Buzzword!

What are the most-used—and therefore overused—résumé phrases? Scanning the 85 million profiles on their site, the folks at LinkedIn determined the top nine meaningless and cringeworthy phrases we all use to puff up our job descriptions. **The losers:**

- Extensive experience
- Innovative
- Motivated
- Results-oriented
- Dynamic
- Proven track record
- Fast-paced
- Problem solver
- Entrepreneurial

ATTITUDE ADJUSTMENT

Don't Get Mad—Get Promoted

When it comes to succeeding at work, conventional wisdom says you should check your emotions at the door. But Anne Kreamer, a former Nickelodeon executive and the author of the new book *It's Always Personal* (Random House, $25), disagrees. "Putting on that 'armor' diminishes people's ability to bring their best selves to their work," she says. Instead, Kreamer suggests, acknowledging and acting on your feelings can help you excel on the job. Here's how to turn your emotions into opportunities.

I feel: Angry
Opportunity: Joint problem solving
Blowing a gasket at work is "universally uncool," says Kreamer. But opening your emotional floodgates strategically can lead to solutions if both sides are willing to work together. Rather than confront the offender in the heat of the moment, schedule a one-on-one meeting. "The specific time and private space establishes boundaries so you have a greater chance of achieving a constructive outcome and maintaining the relationship," Kreamer adds.

I feel: Afraid and anxious
Opportunity: Improve planning skills; stop procrastinating
Are you unclear about an assignment? Feel underprepared for a meeting or overwhelmed by your workload? Identify what's behind your fear and take specific action—ask your manager for details, write and rehearse your presentation, delegate some responsibilities. You'll calm down and do a better job. "No boss minds helping an eager employee learn something new, but every boss resents having to intervene in a bungled project," says Kreamer.

I feel: Happy
Opportunity: Increase creativity and productivity
When you're in a positive mood, your brain activity actually shifts, says Kreamer. "Your focus deepens, and your dopamine levels increase, which helps you see things from a different perspective."

I feel: Like crying
Opportunity: Self-analysis
Crying at work isn't a sign of weakness or even a signal that you're unhappy in your job. "It's a yellow flag, a signal that there's a problem that needs to be addressed," say Kreamer. If you feel yourself getting teary, take a walk outside if you can. Then set up a meeting for the next day with the person who triggered your tears. It's important to destigmatize crying in the workplace, says Kreamer. "We should just accept it for the biological fact that it is."

Beth Dreher

COURTESY LUCY ANDERSEN

GO FIGURE

$3,981

The amount of additional salary made by thin women compared with average-size women

Source: *Journal of Applied Psychology*

HOW TO

Master Your Presentation

Five lessons from *The King's Speech*

BY JESSE DESJARDINS

FROM **slideshare.net**

Colin Firth (left, as King George VI) confers with his speech therapist, played by Geoffrey Rush.

COURTESY LAURIE SPARHAM/THE WEINSTEIN COMPANY

Prince Albert, known to his family as Bertie, reluctantly assumed the throne of England in 1936 and became King George VI. Cursed from boyhood with a terrible stammer, he struggled painfully in public until his wife convinced him to seek the help of Lionel Logue, an Australian speech therapist. Bertie conquered his stammer, found his voice, and became one of England's most beloved kings. For anyone who's ever faced fears before making a presentation or speaking in public, the king's story contains useful tips on how we can all learn to communicate better.

1) **Have faith in your voice.** As a child, Bertie was teased and ignored by the powerful men in his family. His stammer grew worse, until he believed he could never be cured. Just as many novice presenters struggle to get their words out, the king had to overcome a lack of faith in himself. The secret here is to persist.

2) **Admit you need help.** The king checked his ego; listened to his wife, Elizabeth; and put his trust in Logue. Lesson: We are all flawed. No one becomes a great presenter alone. Find your own Lionel and Elizabeth.

3) **Put the hours in.** It wasn't until Bertie threw himself into the exercises from Logue that he was able to progress. There's no substitute for preparation.

4) **Leverage experience.** Nothing improves public speaking like doing it, as King George VI found out. When you can't practice, study other people's presentations and learn from their experience.

5) **Be a true version of yourself.** Bertie later spoke to more than 50 countries on live radio. He wasn't perfect, but he was loved by his people—his stammer humanized him and made him a hero. ■

NOTABLE QUOTE

> "We have people with lap blankets and fingerless gloves on."
>
> **Respondent in recent survey, which found that temperature is the most frequent complaint about office conditions.** Source: International Facility Management Association

You can't pass inspection with pieces left behind.

Moms know Charmin Ultra Strong can help. Its DiamondWeave texture is soft and more durable.* Plus, Charmin Ultra Strong leaves fewer pieces behind than the ultra rippled brand — so you can get a more dependable clean. And for an extra clean finish, try Charmin Freshmates.

Charmin
Ultra Strong
Charmin
Freshmates

*When compared to the Ultra Rippled Brand. © Procter & Gamble, Inc., 2011

enjoythego.com

Finger-Lickin' Chicken

The Deen brothers (sons of powerhouse chef Paula) cue us in to a super seasonal sandwich

BY JAMIE AND BOBBY DEEN

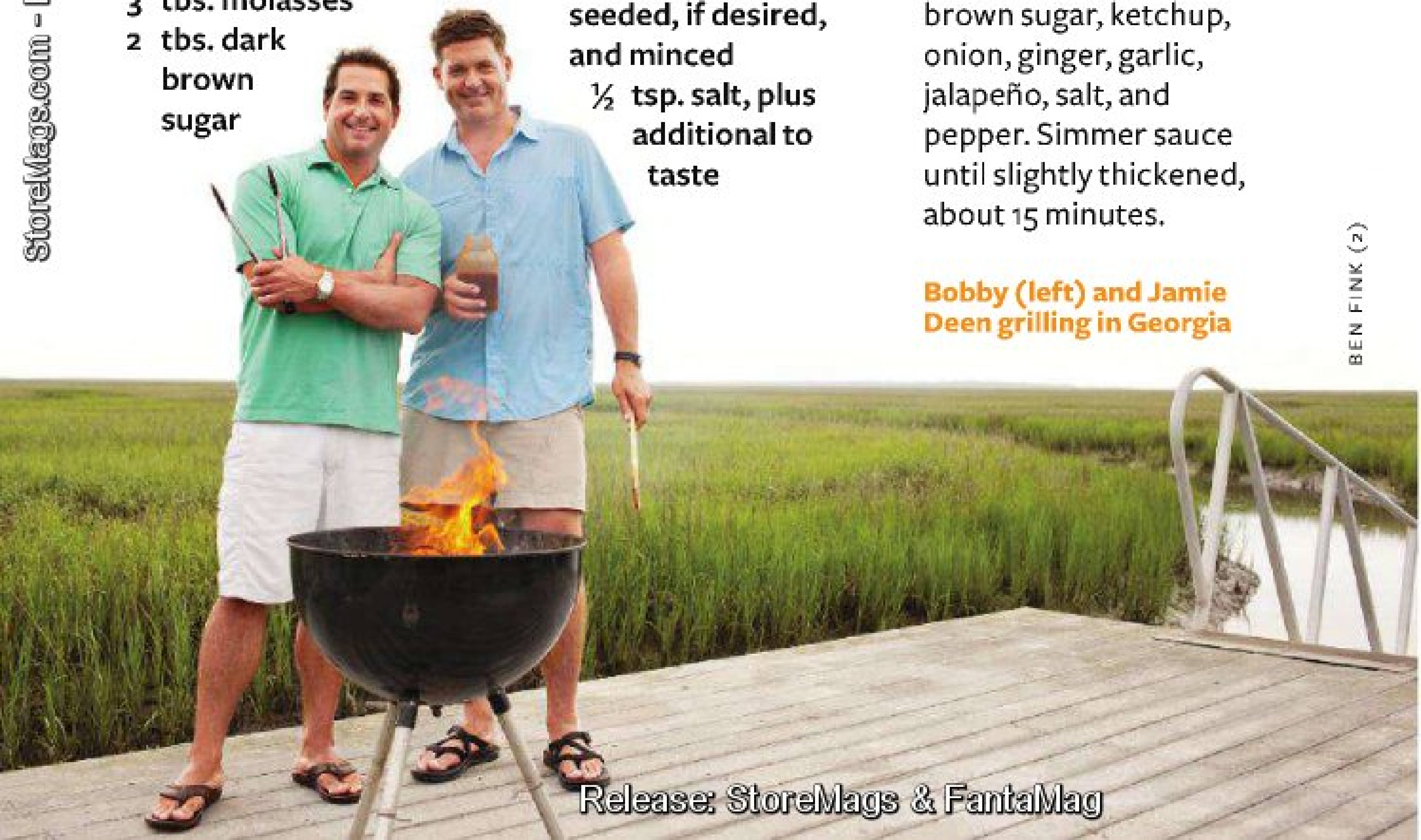
FROM ***The Deen Bros. Get Fired Up***

BBQ Sauce

Yields about 1½ cups

1 can tomato sauce, 8 oz.
⅓ cup apple cider vinegar
3 tbs. molasses
2 tbs. dark brown sugar
2 tbs. ketchup
2 tbs. minced onion
1 tbs. grated fresh ginger
2 cloves finely chopped garlic
1 jalapeño pepper, seeded, if desired, and minced
½ tsp. salt, plus additional to taste
¼ tsp. freshly ground black pepper, plus additional to taste

In medium saucepan over medium heat, combine tomato sauce, vinegar, molasses, brown sugar, ketchup, onion, ginger, garlic, jalapeño, salt, and pepper. Simmer sauce until slightly thickened, about 15 minutes.



Bobby (left) and Jamie Deen grilling in Georgia

BEN FINK (2)

Pulled BBQ Chicken Sandwich

Serves 4

One 3-lb. rotisserie chicken
1½ cups barbecue sauce, prepared or homemade (see recipe, opposite page)
Prepared coleslaw, for serving
Bread-and-butter pickles, for serving
4 kaiser rolls, split

1. Using your hands or a fork, shred meat from chicken, discarding skin. (You should have about 2½ cups of meat.)

2. In large bowl, stir together chicken and barbecue sauce. Spoon chicken mixture, slaw, and pickles onto each split roll and serve.

The Deen Bros. Get Fired Up, a Ballantine Hardcover © 2011 by Deen Brothers Enterprises, LLC

PETER DAZELEY/GETTY IMAGES

HOW TO

PEEL A HARD-BOILED EGG

According to *Saveur*, "the most important step to getting a perfect, pock-free peel is to tap your hard-boiled eggs with a spoon or roll them on the countertop to **crack the shells before you shock the eggs in cold water."** And don't leave them in the water too long: Peel them as soon as they're cool enough to handle.

LIGHTEN UP ON THE GARLIC ...

Tune in to the Food Network, and invariably some toque-topped talking head is loading up his dish with garlic. But for those with more delicate palates, a hint is plenty, thank you. Thekitchn.com suggests skipping the garlic in your vinaigrette and instead **rubbing the bowl** with a peeled clove of garlic. "The result is magical," according to the site. "A pleasant background note of garlic [is] infused throughout the salad. You have to try this!"

... OR ADD EVEN MORE GARLIC

You're peeling a clove to make guacamole and you come across a green shoot (the "germ"). Do you recoil in horror and quickly scrape it out? Well, you can stop. Mark Myers, who writes the Cook This, Not That website, taste-tested garlic bread and spaghetti sauce with and without the germ. No one noticed any bitterness.

CURE A HANGOVER

Coffee and aspirin may be the most reliable hangover cure, according to a rat study done at Thomas Jefferson University in Philadelphia. The caffeine and aspirin, taken four to six hours after drinking, blocked the effects of the ethanol. (The usual caveats about aspirin, alcohol, and stomach bleeding still apply.) Wayne Curtis of the *Atlantic* has a less rigorous approach: a Bloody Mary. "It contains vodka for the hair of the dog, salt and fructose to aid rehydration, and potassium and vitamin C to offset depletions," he explains. "The high-density ballast of the juice itself settles the stomach."

WHO, WHAT, WHERE

Top Dogs: A National Search Finds America's Best

FROM *Every Day with Rachael Ray*

BY ED LEVINE, HAWK KRALL, AND ADAM KUBAN

MIDWEST

GENE & JUDE'S
River Grove, Illinois
Chicago-style with onion, sweet relish, french fries, pickled peppers, mustard

WEST

AQUI CON EL NENE
Tucson, Arizona
Sonoran Dog with green salsa, jalapeño, radish, mustard, avocado, mayo, pinto beans, tomato, Cotija cheese

EAST

FLO'S HOT DOGS
Cape Neddick, Maine
Special with mayo, Flo's special relish, celery salt

SOUTH

PULLIAM'S BARBEQUE
Winston-Salem, North Carolina
Hot dog "all the way" with creamy slaw, mustard, beef chili, onion, hot sauce

LEVI BROWN (4)

TIME-SAVER

Core, Pit, Seed, Slice

These three kitchen helpers—each less than $13—practically fillet the fruit and feed it to you

APPLES

Cuisipro Apple Corer (cooking.cuisipro.com, $10) is a *Good Housekeeping* pick. Push or twist it all the way through the apple, pull gently to remove, and press the lever to release the core. Slice, eat, and avoid doctors.

CHERRIES

Oxo Cherry Pitter (oxo.com, $12.99) is an idiotproof hole punch for fruit. It removes cherry pits and olive pits in one swift motion—and keeps your fingers intact. *Bon Appetit* likes the splatter shield, which aims the juice away from you and your apron.

PINEAPPLE

The food website slashfood.com recommends the Vacu Vin Pineapple Slicer (amazon.com, $8.77). Twist it like a corkscrew, and in one deft motion, it completely separates the flesh from the shell and slices it into rings.

QUOTABLE QUOTES

> “Girl Scouts is about teaching leadership, confidence, and community. It’s also about teaching salesmanship, bottom lines, and supply chains.” **Derek Thompson on the Girl Scouts’ new cookie-sales strategy for 2011, in the *Atlantic***

TREND

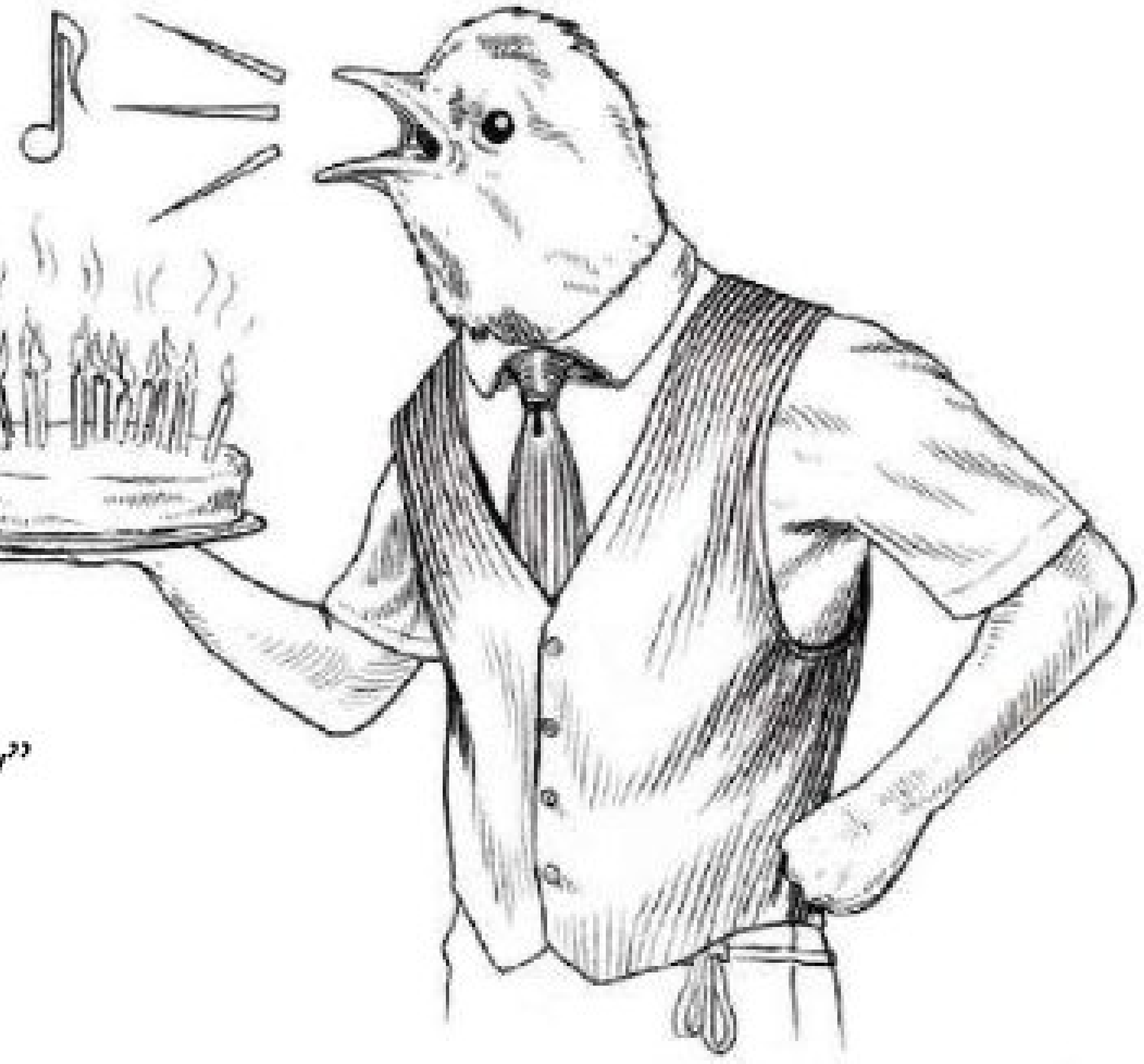
The Zoology of Waiters

FROM ***Esquire's Big Black Book***

THE EMPLOYEE OF THE MONTH

How you can tell: Sings "Happy Birthday" at the drop of a hat.

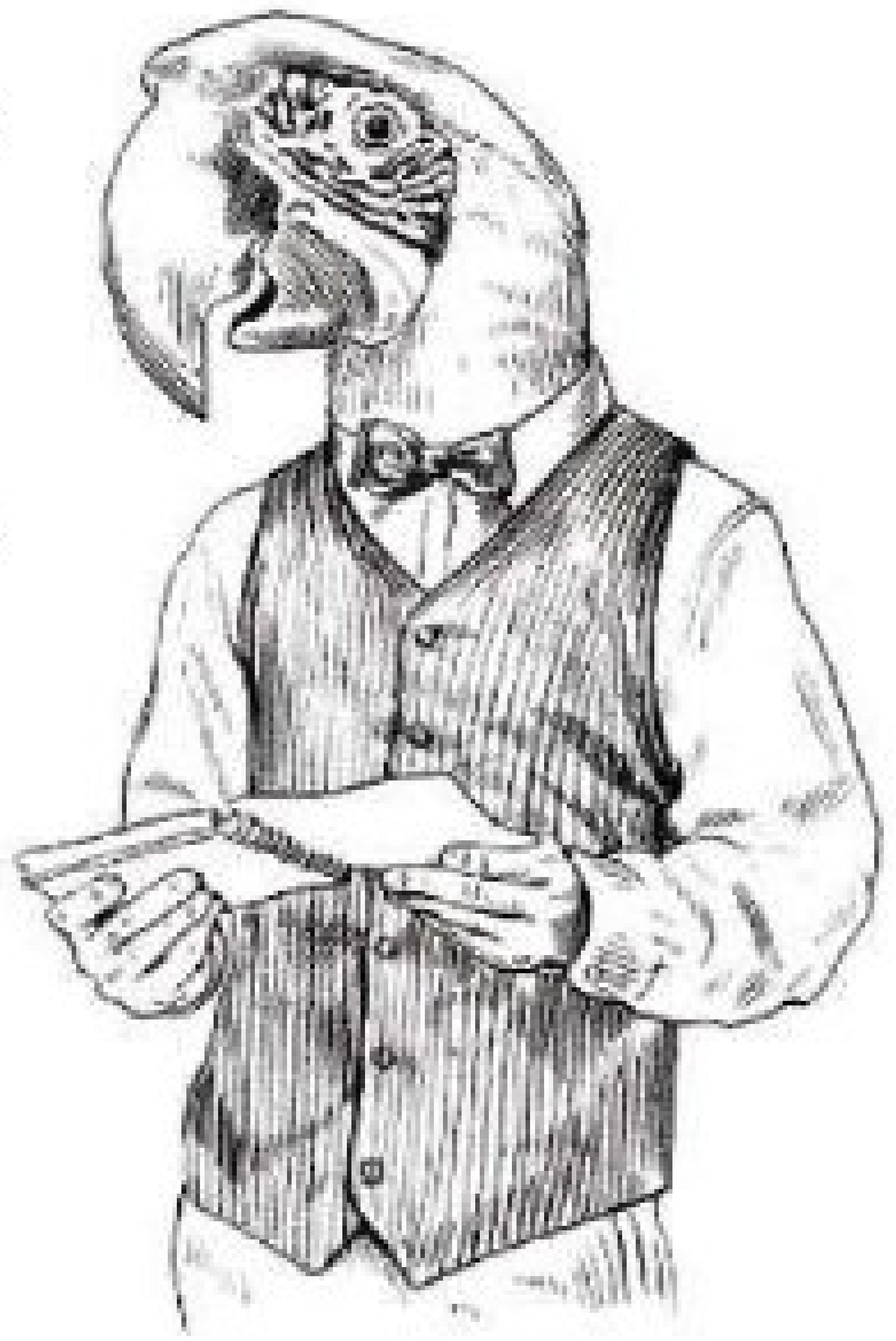
Beware: Speaking ill of him. He is always lurking, ready to serve.



THE COLLEGE KID

How you can tell: Reads the specials off a piece of paper.

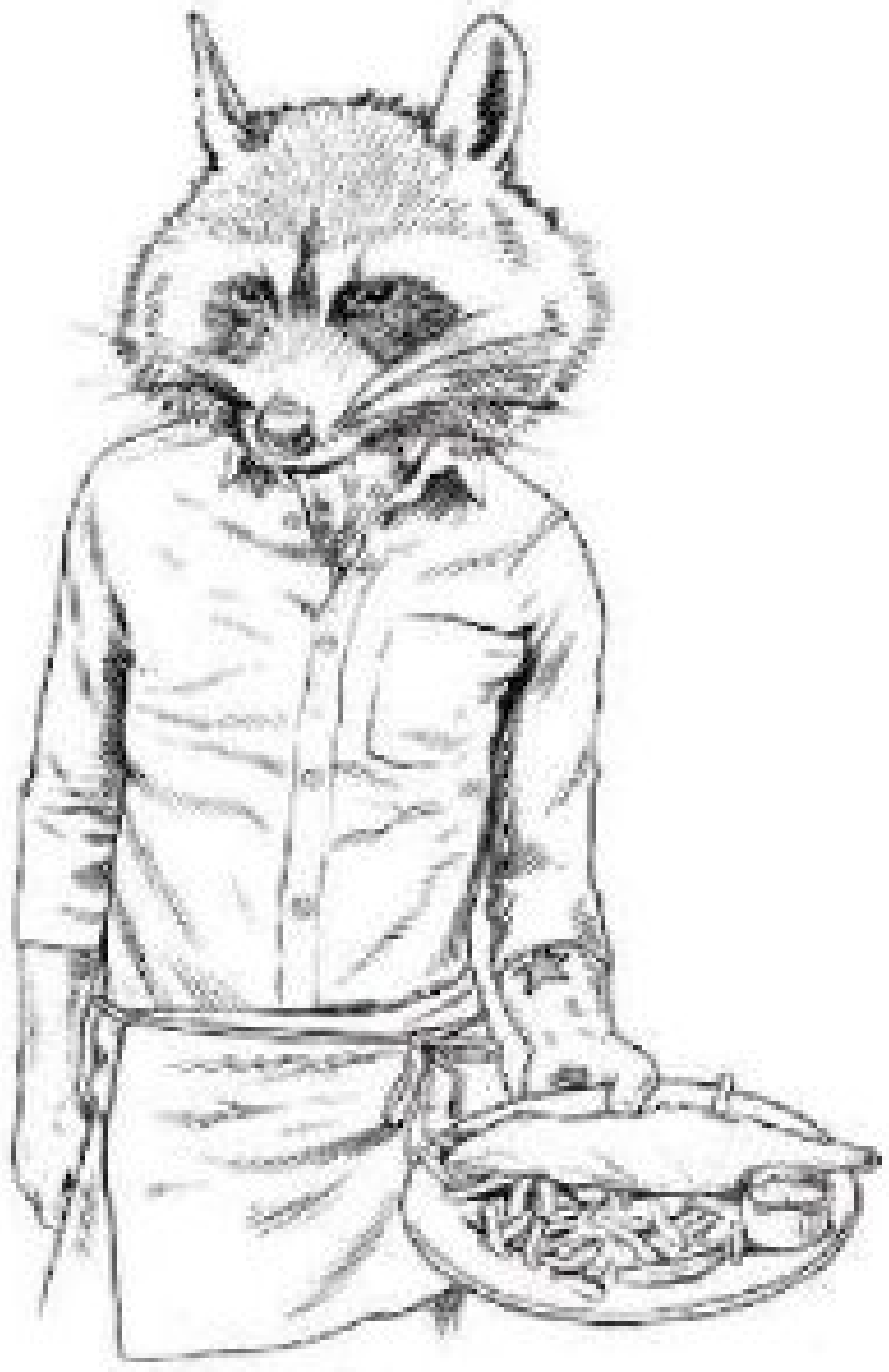
Beware: His recommendations. He's repeating what the manager told him to push.

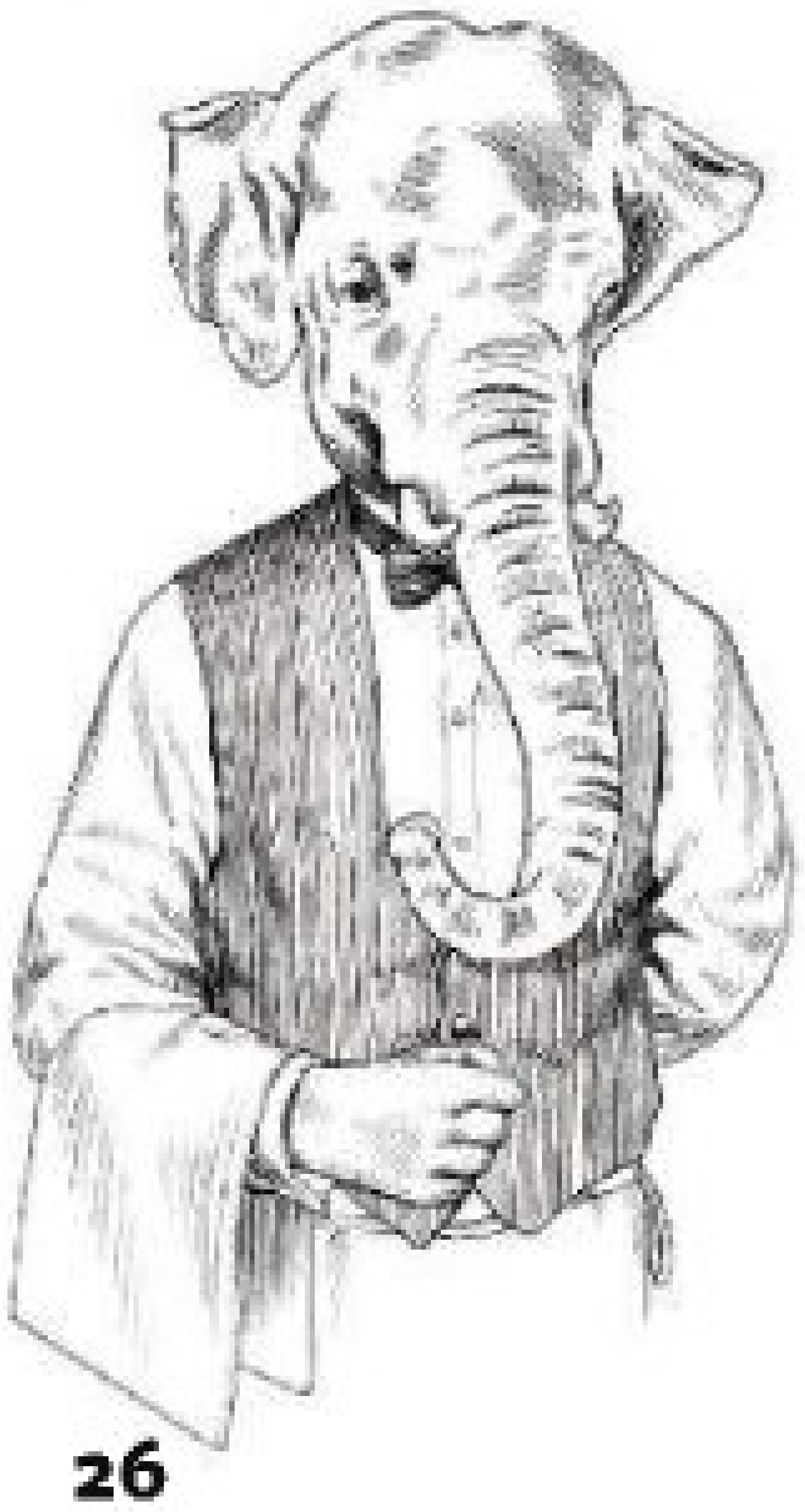


THE STARVING ARTIST

How you can tell: Those tattoos he's attempting to cover up.

Beware: Ordering anything too complicated. He hasn't slept in three days.

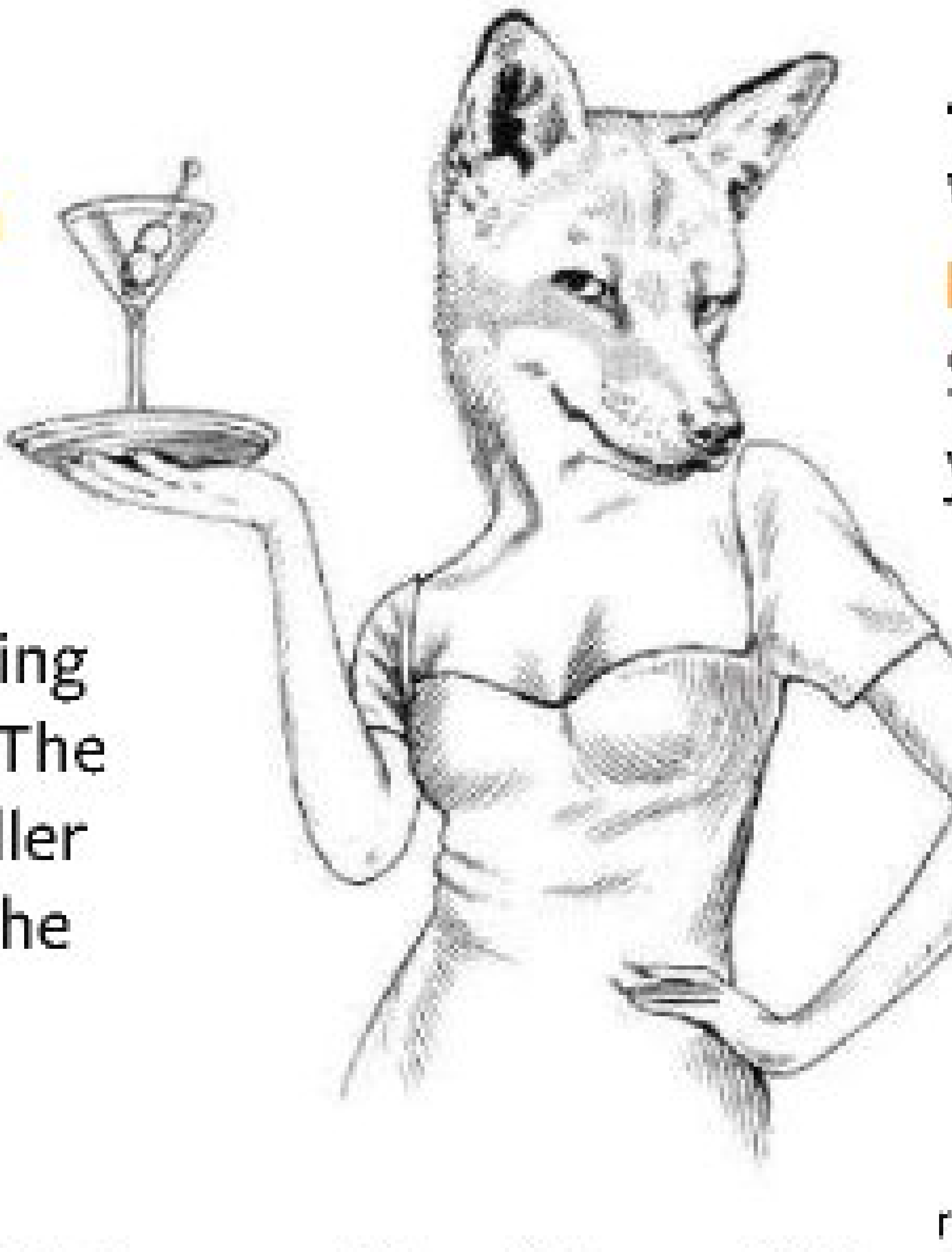




THE LIFER

How you can tell: Doesn't need to write anything down.

Beware: Talking down to him. The man's got a killer memory, and he knows best.



THE COCKTAIL WAITRESS

How you can tell: She asks what you're drinking.

Beware: Falling too hard for her. She's been flirting with you for one reason: tips.

ILLUSTRATED BY JOE MCKENDRY

Bring back the fun.
Kool-Aid
©2011 Kraft Foods

Shades of Home

Reckoning with the ghosts of Mum and Pup—and their color choices

BY CHRISTOPHER BUCKLEY

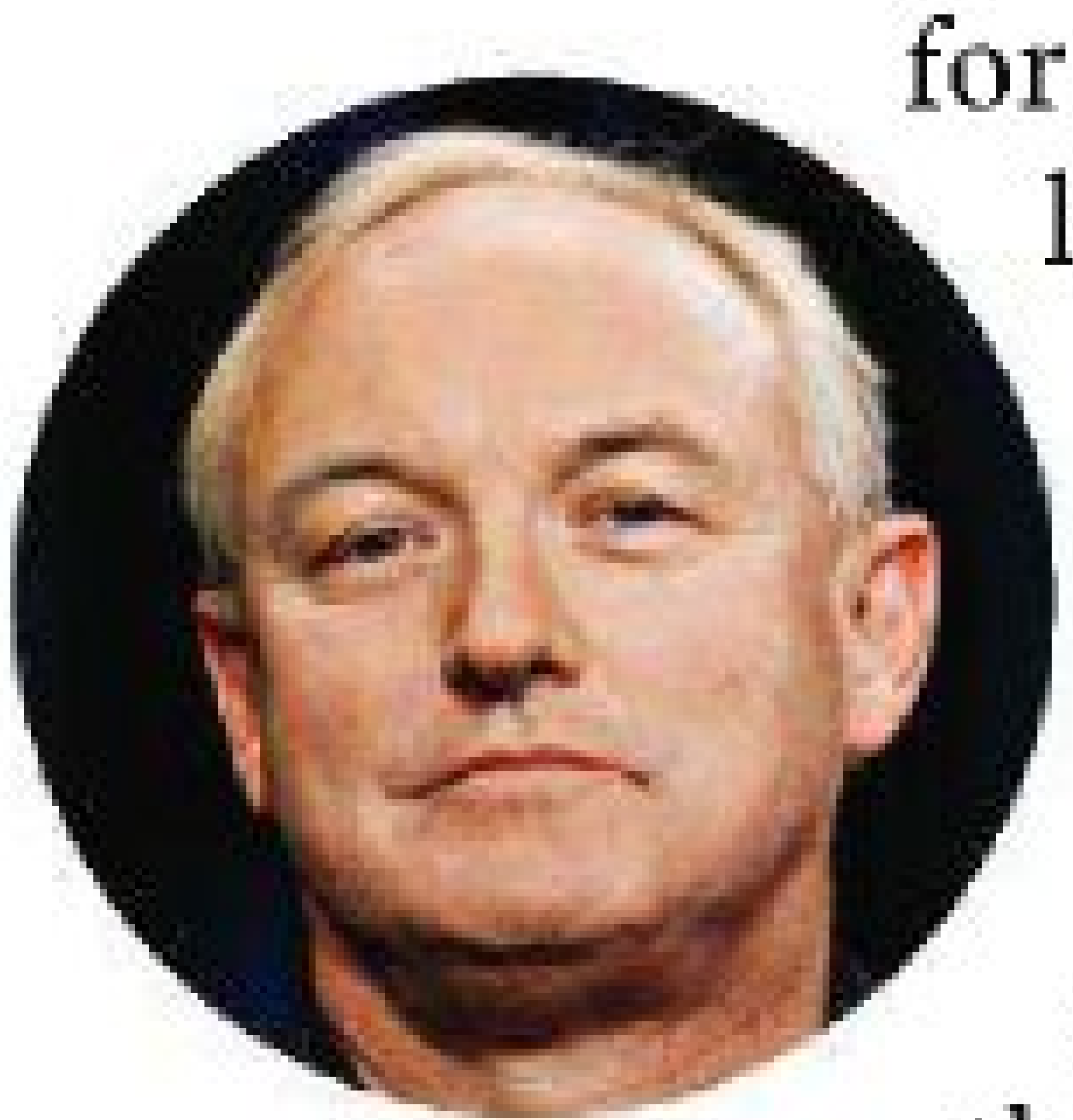
FROM *The Atlantic*

William F. Buckley Jr. at the Stamford house in 2000; the author (inset)

TOP: STEFAN STUDER/VISTALUX; DANIEL ACKER/GETTY IMAGES

One year and many dollars ago, I decided to move back to the house I grew up in. I don't have statistics for how many Americans are doing this, but it's quite possible, in this economy, that even some recent college grads are. It's also possible that for some parents, the words "Mom! Dad! I'm home!" no longer have quite the same heartwarming effect as before.

I hadn't lived in the house since I was 13, before I went off to boarding school. That was in 1966, about the time I used to pedal my bike into town to buy the latest Beatles 45. So it's been a while, but I can summon a memory for just about every square foot of the house and grounds. The tree Danny and I used to climb up to smoke cigarettes; the place on the beach where the seven-foot shark went for me; and the living room where, one cocktail hour, at age ten, I came downstairs and told the grown-ups, "President Kennedy has just blockaded Cuba." I don't think I've ever since caused con-



versation to stop quite so dead.

My original plan, after the last of my parents checked out and moved, so to speak, to the Big Upstairs, was to hold my nose and spend some money fixing it up so I could put it on the market. (Did I say "market"? Sorry, just going for an easy laugh.) The brokers who bothered to return my calls came, looked around, and, as if reading off an identical script, said, "Nice bones, but it's kind of ... dark."

The house had almost burned to the ground 15 years before. My mother, a lady of excellent taste, had used the occasion to redecorate along a color spectrum ranging from chocolate—that is, dark chocolate, like the type that's supposedly good for your heart—to red, a deep, deep red, like the national debt.

As striking as it was when she was finished, you needed a flashlight to find your way around—during the day. At night? Probably some weekend guests from the 1990s are still wandering around up there lost, looking like Gollum and hissing, "Preciousssssss!" It finally dawned on me that women of a certain age—she was in her late 60s—are not especially keen on bright ambient light, even if this left the rest of us wearing miner's hats and bumping into things.

Danny and I settled on Ostrich Shell. Off White, basically, but it sounds more impressive.

So it was that I found myself on my hands and knees with my oldest buddy, Danny, crawling around the floor with paint chips. I make no claim to knowing anything about decor. My only aim was to—as the real estate agents would say—brighten and lighten.

We said, "Well, let's start with white. How wrong can you go with white?" It turns out that there are many, many versions of white. Danny and I fanned through Colonial White, Egg White, White Out, White Nights, Snow White, White Flight, Perry White, Teddy White, E. B. White, Hast Seen the White Whale. Somewhere out there amidst the amber waves of grain and purple mountain majesties and fruited plain, a dedicated group of Americans are working day and night to come up with 4,000 different names for *beige*. Danny and I finally settled on Ostrich Shell. Off White, basically, but it sounds more impressive.

I'd been told, or warned, that when you paint one room, not only will it look nice but it will also make the room next to it look as if raccoons have been living in it for the past decade. Indeed, this was the case. So we had to paint that room, too, which made the room next to it look like the raccoons had been using it, as well, for their nefarious >>

raccoony purposes. Remember the domino effect? Forget Southeast Asia: It's all about decor. We ended up doing all the rooms.

Which turned out to be another teachable moment, because if you make the inside look new, then the outside is going to look like the House of Usher. So that got painted too. Then the basement. Why the basement, you ask? Well, if the upstairs and outside look nice, you can hardly have a basement that resembles an interrogation room at Abu Ghraib. The new basement is now bright Off White or Crème de la Crème or Milk of Magnesia. Whatever. Now when guests go down into it, they no longer expect someone to leap out, put a hood over their head, and waterboard them.

In the end, I looked around and thought, Not bad. A person could live here. Danny said, "Your mom would be proud."

I considered. She was a woman of very definite opinions, my mother.

"It's possible," I said. "It's also possible that any night now, she's going to appear at the top of the staircase in a nightgown, holding a candelabrum and pointing a finger, and saying, 'Ec-ru, Brute?'"

When, in the middle of the night, I go downstairs for a glass of milk, I make sure the hall lights are on full. Even so, it feels like home. And years from now, when my children are looking at these walls, scratching their heads, and studying paint chips, it'll be me on the landing, in my boxers, holding the candelabrum and moaning, "Magenta Dream? You can't be serious." ■

You can hardly have a basement that resembles an interrogation room at Abu Ghraib.

we need
Milk Eggs
Bread
Soccer Game
Tues. 7 pm
Ryan, clean
your room!

WALLCANDY ARTS

TREND

Chalk Talk

Do you have a problem with commitment? Then a really large "chalkboard"—which attaches like a sticky note—may be for you, says re-nest.com. Use one in the kitchen for the shopping list and another in the kids' room for a creative outlet. You can remove, reposition, and reuse them at will. The Rococo model (left) is $36, and four simple 19-by-24-inch squares are $58 (wallcandyarts.com, chalk included).

Mother's Day is May 8

Give the perfect
Mother's Day gift
that shows you care.

SAVE 50% on our "All the Frills" Bouquet

Site Price: $44.99
Sale Price: $24.99

You Pay:
$19.99 +s/h

ProFlowers®

To redeem this offer, go to **www.ProFlowers.com/offer**
or call 1.888.441.2449

*50% discount is applied to "All the Frills" bouquet regular site price. Take an additional 20% off any other bouquet on ProFlowers over $29.99. Discount does not apply to gift cards or certificates, same-day or international delivery, shipping & handling, taxes, or third-party hosted products (e.g. wine). Offer expires 05/06/2011.

JUST IN CASE

Sticky Situations

Tips for tape, bites, and bugs

1 Good news if you're tired of looking for the start of a roll of masking tape, duct tape, or packing tape. Stick a paper clip where you leave off, and your fingernails will thank you next time. (*Family Handyman*)

2 Survive a snakebite by forgetting everything you've seen in the movies: Immobilize but don't elevate the bitten area. And no need to chase the snake for a better look; today's antivenins cover most major species. Don't bother cutting an *X* over the bite; no sucking the venom out either. No tourniquets unless an artery has been nicked. And relax. You've got about two hours if it was a cobra (up to five hours for a viper). (British *Esquire*)

3 Capture that elusive bug crawling across the ceiling. Wrap an old foam mop with duct tape, sticky side out. Catch and release, or go in for the kill. (*Family Handyman*)

4 Avoid the shock of static electricity when you arrive home. Holding your house key (or anything metal, for that matter), touch it to the doorknob. Some additional tips for inside: Use a humidifier. Don't wear polyester. (*Men's Health*)

TAPE: GETTY IMAGES; PAPER CLIP: MARTIN CHILD/GETTY IMAGES

NOTABLE QUOTE

> "There were shade trees everywhere and their branches met over the street."

Writer William Maxwell, on small-town life in the early 20th century, in *What There Is to Say We Have Said: The Correspondence of Eudora Welty and William Maxwell* (Houghton Mifflin Harcourt, $35)

WHO KNEW?

MADE IN THE U.S.A.

Maybe you're buying American-made products to stimulate the economy. Maybe you're trying to cut down on decidedly un-green shipping from abroad. Apartment Therapy Chicago has assembled a helpful list of home products that are made right here in the U.S.A. (The website stillmadeinusa.com will tell you where parts are made and where products are assembled.) A partial list:

FURNITURE

Room & Board
Cool Sofa
Authentically Amish
Most Crate & Barrel sofas
Century Furniture
BKind3
Bradington-Young
John Boos
Norwalk Furniture
Stickley Furniture

DECOR

GelPro chef's mats
The Company Store
American Made Lighting

APPLIANCES

All-Clad Metalcrafters
KitchenAid mixers
Lodge Cast Iron cookware
Anchor Hocking glassware
England's Stove Works
Dacor
Viking ranges
Vitamix

Cowboy Up in Bandera, TX!

ADVERTISEMENT

You could win a trip to the Cowboy Capital of the World.

Photo: Bandera CVB

Bandera is the ultimate destination for those looking to get a taste of the modern cowboy way of life.

Located in the Texas Hill Country, less than an hour from San Antonio, Bandera continues the cowboy tradition with a spirit of hard work and hard play.

From horseback riding in the scenic hills to lively nights of great music at the local honky-tonks, enter today to win this unforgettable cowboy getaway.

TEXAS®

It's like a whole other country.

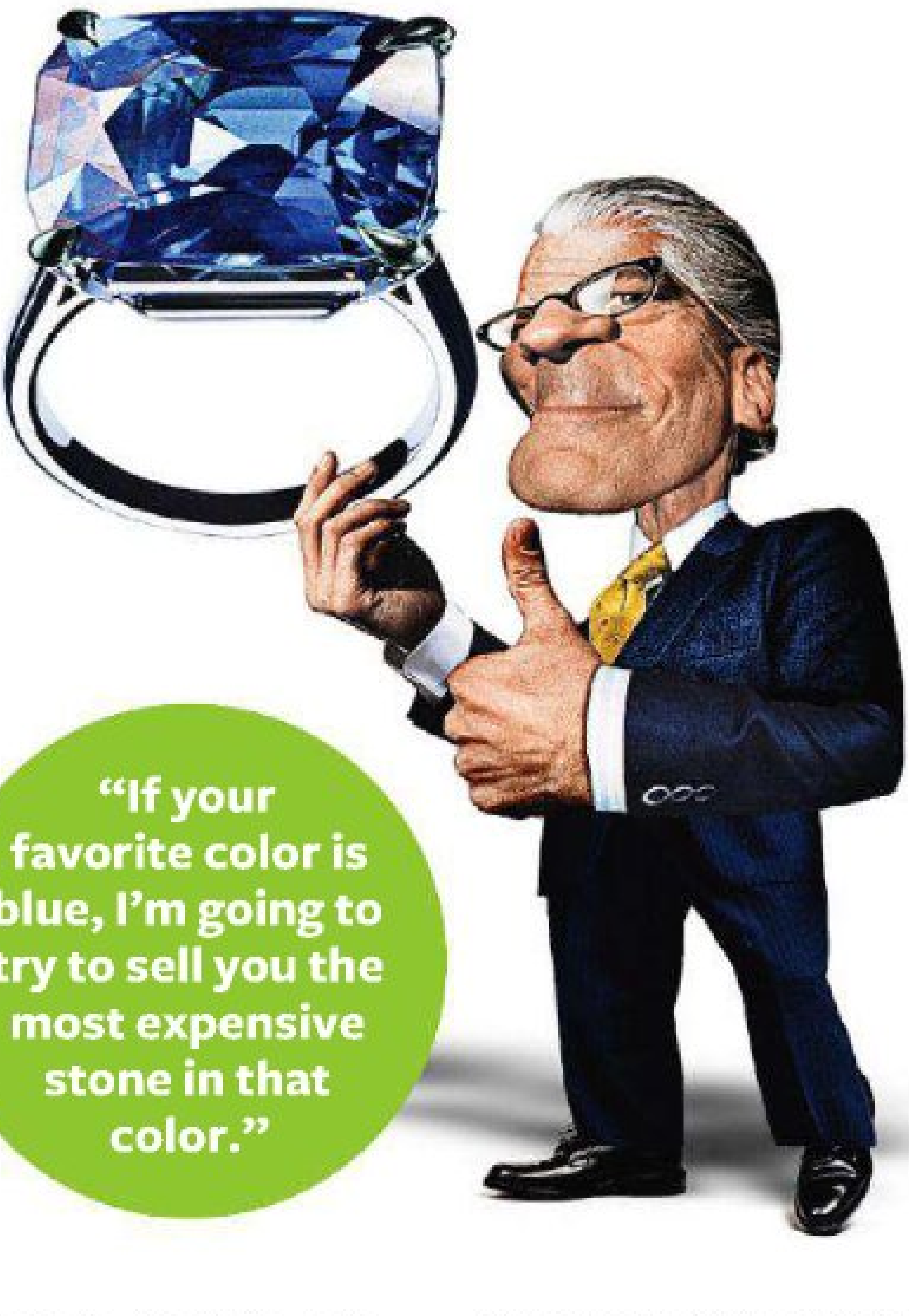
Visit readersdigest.com/connections today for your chance to win a Bandera getaway.

No purchase necessary to enter or win. Purchase will not improve your chances of [illegible] Sweepstakes sponsored by The Reader's Digest A[illegible] Inc. Begins 4/1/11 and closes 5/31/11. Open to legal residents 21 years of age or older in the U.S., its territories and posses[illegible] readersdigest.com/connections

Release: StoreMags & FantaMag

13 Things Your Jeweler Won't Tell You

BY MICHELLE CROUCH



ILLUSTRATED BY EDDIE GUY

"If your favorite color is blue, I'm going to try to sell you the most expensive stone in that color."

1) Think you got a great deal on that beautiful ruby? It may not be real. A number of jewelers nationwide have been caught selling "composite rubies," which are as much as 40 to 50 percent glass, for the price of the real thing.

2) A sure sign of poor craftsmanship: rough edges on the back of the piece. If it's not finished underneath, they've probably cut corners somewhere else.

3) If your favorite color is blue, I'm going to try to sell you the most expensive stone in that color, probably a sapphire. But many other stones—including spinel, tanzanite, and tourmaline—also come in blue. You just have to know to ask.

4) Seek out jewelers who are credentialed by the American Gem Society, which holds them to a high standard of knowledge and a code of ethics.

5) When you tell me, "I never take it off," I can't help but think, That's disgusting. To leave it on when you clean the house, lotion up your hands ... yuck. You should take it off.

6) If you're buying a diamond on a budget, don't get stuck on the clarity grade. You can come down several clarity grades and in most cases will see absolutely no difference with the naked eye, especially once it's set in a piece of jewelry.

7) If your jeweler tells you that none of his emeralds are treated in any way, he's probably either ill informed or dishonest. Almost all emeralds today are treated.

8) Please don't lick or spit on your finger to get your ring off, and then hand it to me.

9) Clean your gems in warm water with a mild liquid detergent and a toothbrush. For some extra shine on your diamonds (as long as they're not fracture filled), spray a little Windex on them, then wipe it off. That's actually what a lot of jewelers use, even the ones who sell expensive cleaner.

10) Extended warranties from jewelry stores typically aren't worth the money. If you have a rider on your homeowners insurance for your ring and it's lost, damaged, or stolen, or if a stone falls out, your policy will usually cover it.

11) The "60 or 70 percent off" sales you sometimes see? Not possible. There just isn't enough margin in what we sell today that you can discount like that and run a business and pay your bills.

12) Here's a word to watch for on that diamond's certification report: *laser*. If your diamond has a high clarity grade, but under Comments it says *laser path* or *laser*, that means a laser beam was used to get rid of a flaw, and it should cost 15 to 40 percent less than an untreated diamond of the same grade.

13) We like to say, "If you don't know your jewels, know your jeweler." It really does come down to trust.

Sources: John Henne, president of Henne Jewelers in Pittsburgh, Pennsylvania; Clayton Bromberg, president and CEO of Underwood Jewelers in Jacksonville, Florida; Antoinette Matlins, author of *Jewelry & Gems: The Buying Guide*; and gemologist Renée Newman, author of *Gem & Jewelry Pocket Guide*

More things your jeweler won't tell you are at readersdigest.com/jeweler.

NOTABLE QUOTE

> "Money, if it does not bring you happiness, will at least help you be miserable in comfort."
>
> **Helen Gurley Brown**

RECAP

Cents and Sensibility

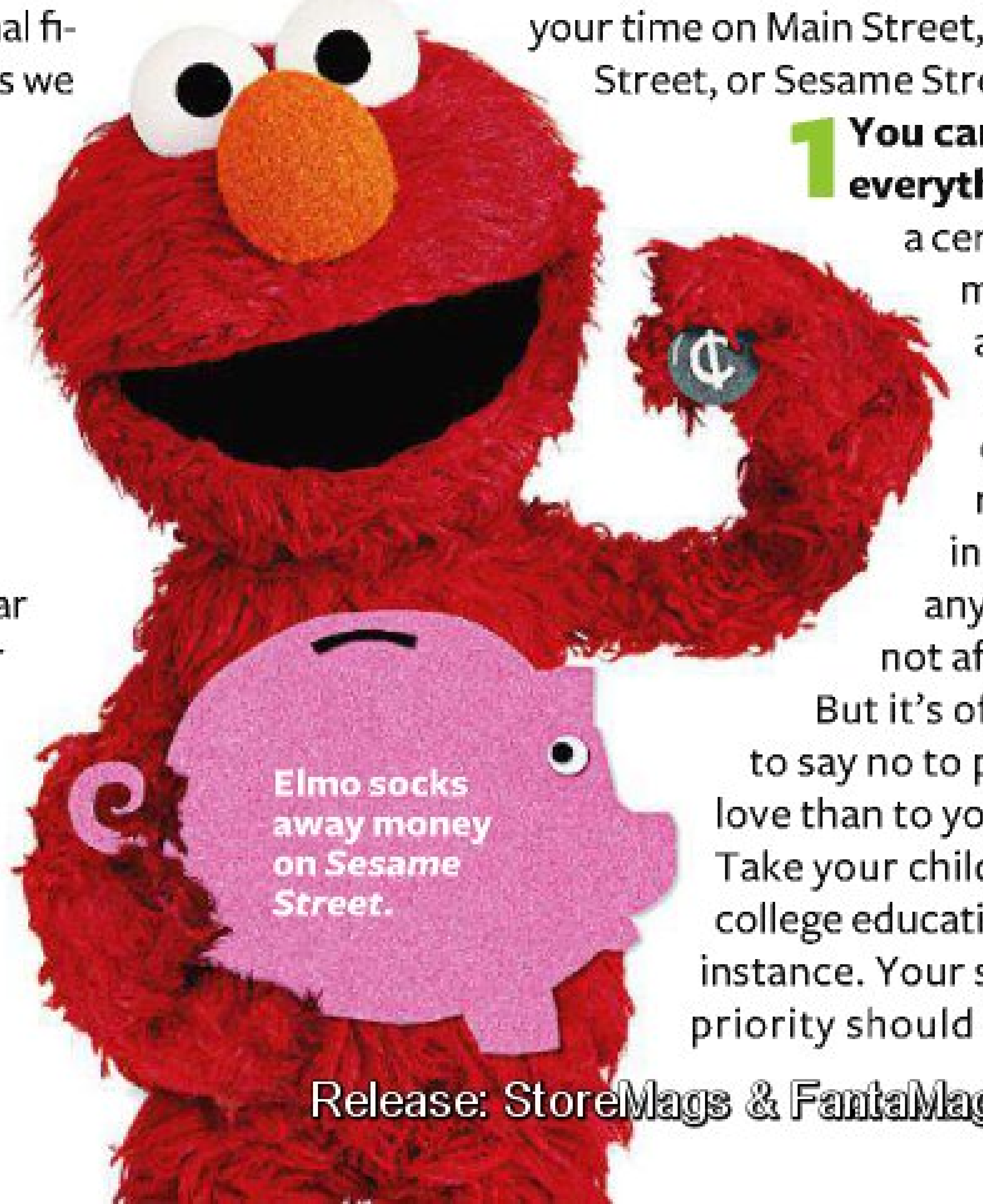
Whether you're young or old, knowing nine simple truths can make you better off

BY BETH KOBLINER

I recently met a woman who teaches at a top university and has won many prestigious awards. When we started talking about her mortgage, however, she confessed that she was clueless. Welcome to my world. In more than 25 years of writing about personal finance, I've found that most people—no matter how sophisticated—don't know the ABC's of money. That's because most of us were never taught. And get this: The international test that revealed how severely American kids lag behind children of other nations in math and science may include questions on personal finance in 2012! Unless we get our act together and start teaching our kids—and grandkids—about money matters, the United States could fall behind in that category too.

Luckily, financial literacy is on the radar of a growing number of educators, even those who work with really little kids. Case in point: I spent this past year collaborating with Sesame Workshop on its newest financial education initiative, which offers a free online video for three- to five-year-olds on money basics (go to sesameworkshop.org/save, where you'll also find guides for you and your kids). In it, Elmo and I talk about spending, sharing, and saving. Simple and easy.

As I was working on this project, it dawned on me that everyone in the family could benefit from these sound principles. We know they are good rules to live by, but every now and then, we need a refresher when it comes to our finances. Here's a sampling—whether you spend your time on Main Street, Wall Street, or Sesame Street:



Elmo socks away money on *Sesame Street.*

COURTESY SESAME WORKSHOP

1 You can't have everything. By a certain age, most of us accept the reality that certain luxuries—a villa in Tuscany, anyone?—are not affordable. But it's often harder to say no to people you love than to yourself. Take your children's college education, for instance. Your savings priority should be to

>>

ADVERTISEMENT

DOWNLOAD NOW!

Introducing the all new app from Reader's Digest:

Easy Home Remedies

One of 12 new apps launching this year!

VIRGIN 3G
Easy
Home
Remedies
Reader's Digest

- Discover the powerful healing properties of everyday items
- Get easy-to-make remedies for 74 common ailments
- Learn to use basic kitchen staples to help you look and feel better every day

GET IT AT THE iTUNES APP STORE TODAY!

Fight the effects of aging!

NEW! IN-STORES NOW

The First All-in-One Total Body Daily Defense with:
CoQ10, Vitamin D3, Resveratrol, Green Tea, Ginkgo, Lutein, Omega 3 Oils & much more!

Available for purchase with coupon in fine stores everywhere or online at:
www.appliednutrition.com
Enter Coupon Code: 010616

Walgreens
RITE AID

ANTI-AGING TOTAL BODY DAILY DEFENSE
SAVE $2
EXPIRES 07/31/11 MANUFACTURERS COUPON

0710363-010616

5 10363 26382 5

appliednutrition

Doctor Developed
Longevity Formula
appliednutrition
LIQUID SOFT-GELS
ANTI-AGING
TOTAL BODY DAILY DEFENSE
CoQ10, Vitamin D3, Resveratrol, Green Tea, Ginkgo, Lutein, Omega 3 Oils
HEART
MEMORY
VISION
ANTIOXIDANTS
50 LIQUID SOFT-GELS • DIETARY SUPPLEMENT

save for your own retirement—you can't borrow for it in the same way your kids can for school. Make sure to contribute to an employer-sponsored 401(k) that offers a match (today 66 percent of companies do). Also consider opening an IRA (individual retirement account) at a low-cost investment firm like Vanguard. It's all about choices. Deciding now that you're going to work toward financial independence in retirement is the greatest gift you can give your family.

2 **Don't spend more than you have.** This classic is as old as one of Aesop's fables. And yet 46 percent of families with credit card balances carry $7,300, on average, each month on credit cards. Take a tip from college kids: They use credit cards for just 7 percent of their expenditures, and debit cards and cash for 74 percent. A debit card siphons the cash out of your checking account, so get one from your bank if you haven't already. Just like a credit card, however, a debit card can charge high fees, so watch out. If credit is currently your only option, visit credit.com or bankrate.com to find the best rate.

3 **Home in on home expenses.** If you have a mortgage, know the interest rate. And learn if, when, and how it adjusts and whether refinancing makes sense (average rate recently: 5 percent). For low-rate offers, check out bankrate.com and hsh.com. Another potential saver: Consider downsizing to a smaller home, a step that one in five Americans took last year.

4 **Save a quarter for every $1 you earn.** Studies show that your ability to delay gratification is one of the best predictors of success in life. You need to put off buying today so that you can get what you really want tomorrow. This is

particularly true now, with nearly half of all baby boomers at risk of not having enough to cover basic needs during retirement, according to a report from the Employee Benefit Research Institute in Washington, D.C. When you're in your 20s and 30s, saving 10 to 15 percent of your income for retirement may be sensible, but if you're over 40, chances are you'll need to put away 20 to 25 percent.

Do you need a second car? A larger TV? Many people are saying no.

5 Don't put money under your mattress. With most bank savings rates paying less than 1 percent, it's tempting to keep cash at home. Don't. Find a savings account that's FDIC insured, meaning the government will protect it (up to $250,000) on the rare chance that the bank goes out of business. Insured online savings accounts tend to pay higher rates—often two or three times more than banks in actual buildings. Some of the best recent rates are at ingdirect.com and discoverbank.com.

6 Know the difference between wants and needs. You need food, shelter, clean clothes, health insurance, transportation. But do you really need a second car? A larger TV? Many people are saying no to items once viewed as must-haves. Just 42 percent of Americans think a television is a necessity, down from 52 percent in 2009 and 64 percent in 2006, according to a 2010 study by the

>>

The newest way to
SPEND THE DAY ON
cloud 9
always
©2011 P&G

Introducing the new 2-in-1 top cover of Always Dri-Liners. One layer for absorption and a second layer that's soft enough for every day. Feel clean and comfy for up to 10 hours. Always. *So soft, it's magic.*
Available in Dri-Liners Regular, Long and Plus+ Long

Go Affordably.
Go RVing.

Even with fuel prices and the cost of ownership figured in, fun-filled family RV trips remain the most affordable way to vacation.

In fact, according to a recent study, typical RV family vacations are on average 27 percent to 61 percent less expensive than other forms of travel.

So go ahead and get back in touch with nature, with the open road, and with each other. After all, you shouldn't have to spend a lot on something called free time.

Discover more in our Vacation Cost Comparison at GoRVing.com.

With prices starting at just $6,000, there's a new RV for everyone.

FREE VIDEO

GoRVing.com

Pew Research Center. And only 59 percent now say a clothes dryer is indispensable, down from 66 percent a year earlier.

7 **Keep learning: You can always use more skills.** Thanks to the recession, one third of working adults 62 and older say they've delayed retirement, and 60 percent of workers in their 50s report that they might have to do the same, according to a 2010 Pew Research Center survey. But it pays to think creatively. People ages 55 to 64 are a third more likely to start a business than those 20 to 34, according to the Kansas City–based Kauffman Foundation, which studies entrepreneurship.

8 **Give to others when you can.** You've sent off your 2010 tax return by now, but be sure to keep your 2011 receipts for charitable donations. You may be able to deduct the amount you donate to a qualified organization (visit www.irs.gov and type in *search for charities*). To be sure the charity you select uses your hard-earned dollars wisely (less on overhead costs, more on helping others), check out charitynavigator.org. And if you give away items like furniture, books, and clothes, you can also get the write-off.

9 **Don't be afraid to ask for help.** I love Elmo because he's never afraid to ask questions. You shouldn't be either. Create your budget at mint.com, or check out the calculators at choosetosave.org. To go a step further, find a fee-only planner at the National Association of Personal Financial Advisors (napfa.org) or Garrett Planning Network (garrettplanningnetwork.com). Research shows that people who seek financial help tend to make better financial decisions. Remember: There are no dumb questions—and that might be the most valuable lesson of all. ■

Collect something other than baggage fees and hotel bills.

MEMORIES, PERHAPS.

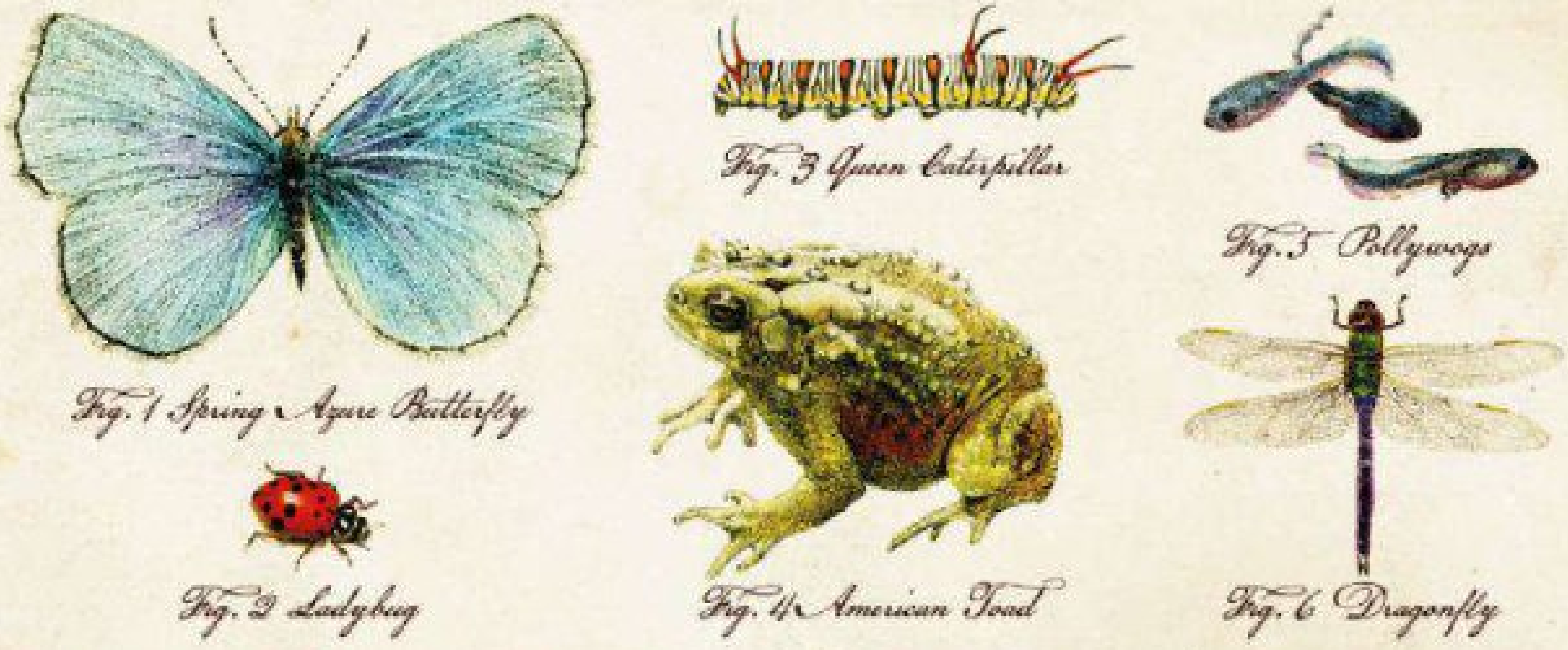
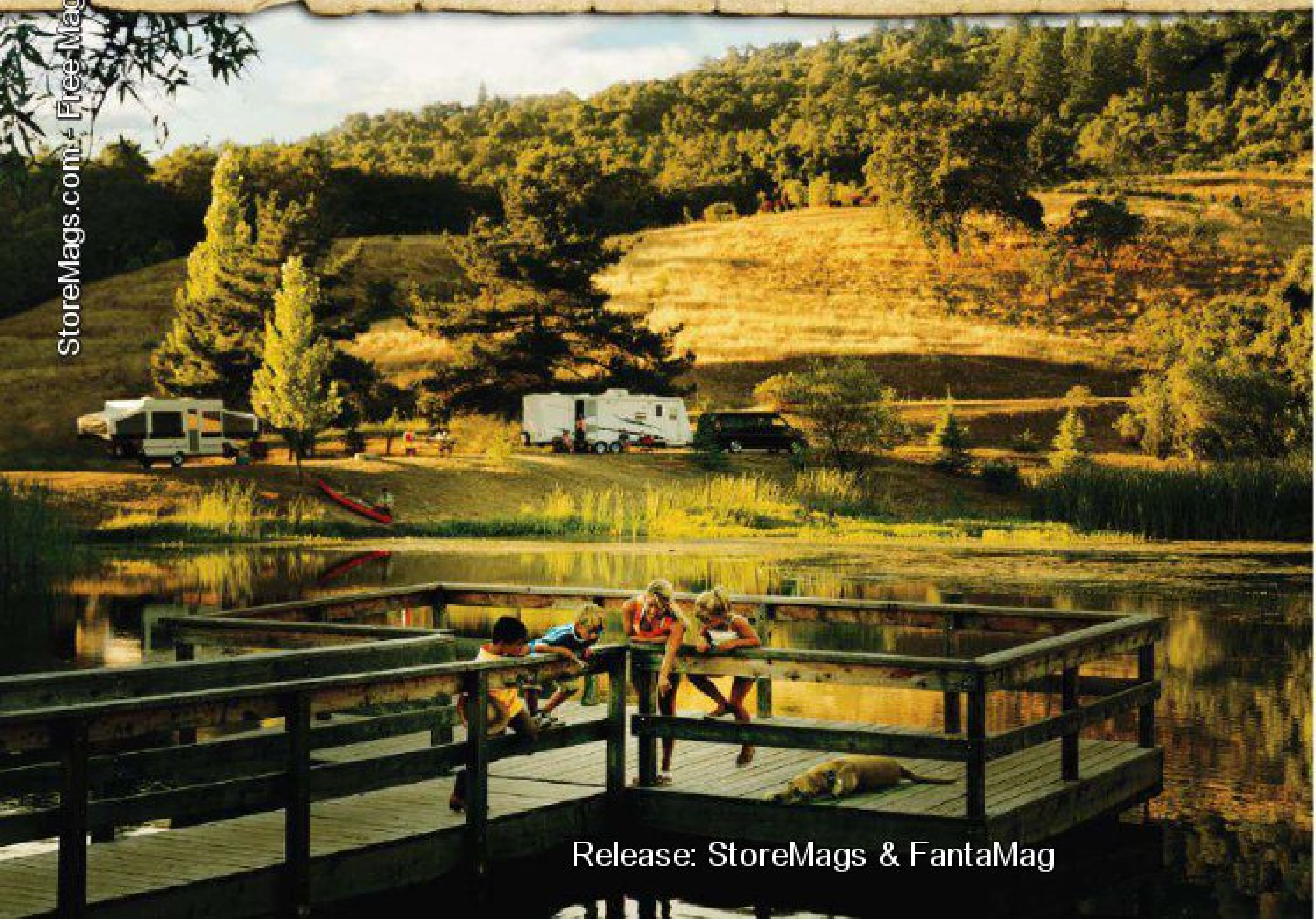


Fig. 1 Spring Azure Butterfly
Fig. 2 Ladybug
Fig. 3 Queen Caterpillar
Fig. 4 American Toad
Fig. 5 Pollywogs
Fig. 6 Dragonfly

Go Affordably. Go RVing. *Invest in a little more family time next vacation. The returns will amaze you. See how RVing stacks up to other modes of travel with our Vacation Cost Comparison at* **GoRVing.com.** **WHAT WILL YOU DISCOVER?**

Go RVing.



HOW TO

Work Some Financial Willpower into Your Day

The mind works in mysterious—and expensive—ways. But you can pump up your willpower or trick it into helping you spend less. Farnoosh Torabi, author of *Psych Yourself Rich* (FT Press, $22.99), explained a few mental approaches on *Huffington Post*:

- Pressured? Rushed? You'll spend more recklessly. Infomercials are designed to take advantage of this brain quirk.
- Is your budget fine the way it is? So-called status quo bias means you'll keep paying what you're paying—cable bills, credit cards—unless you have a compelling reason to change.
- Duke behavioral economist Dan Ariely says we're bad at making comparisons: We may readily pay $3,000 to upgrade to leather seats in a new $25,000 car because it's a relatively small percentage of the total price, but we'd think a lot longer about paying $3,000 for a new sofa that we'd sit on every night to watch the latest Charlie Sheen interviews.

And Ramit Sethi, who runs the website I Will Teach You to Be Rich, gave some tips on increasing willpower (financial and otherwise) to the Bucks blog of the *New York Times*:

- Automate everything: Pay bills automatically to avoid late fees. Channel a portion of your paycheck to your 401(k) and savings accounts.
- Will yourself to be happier outside the office. "Identify one thing you want to do more of," Sethi suggests, whether it's reading the novels of Charles Portis or rowing an hour a day. Add a weekly reminder to your calendar until it's a part of your routine.
- If you're overwhelmed by choices, it's easy to do nothing. "Instead of trying to save a little bit on everything," he says, "focus on your two biggest discretionary expenses," like eating out and drinking, in his case. "Over the next six months, cut each down by 25 to 33 percent." ■

GO FIGURE

$33

Average amount a gift-card holder spends beyond the value of the card

Source: First Data Corp., via *Forbes*

MIKE KEMP/GETTY IMAGES

THE FASTEST WAY
TO LEARN A LANGUAGE.
GUARANTEED.®

With Rosetta Stone Version 4 TOTALe®

- **Learn naturally** using your natural ability with Rosetta Stone® software.
- **Have fun** when you play games and connect with others in our online community.
- **Converse confidently** by practicing online through live coaching with native speakers.

SAVE 10% when you order today.

Level 1	~~$249~~	$224
Level 1, 2 & 3	~~$579~~	$521
Level 1, 2, 3, 4 & 5	~~$749~~	$674

SIX-MONTH, NO-RISK, MONEY-BACK GUARANTEE.*

RosettaStone

WIN/MAC compatible.

(877) 266-1997 RosettaStone.com/rds051

Use promo code rds051 when ordering. Offer expires August 31, 2011.

RosettaStone®

©2011 Rosetta Stone Ltd. All rights reserved. Offer limited to Rosetta Stone Version 4 TOTALe product purchases made directly from Rosetta Stone and cannot be combined with any other offer. Prices do not include taxes and are subject to change without notice. Coaching, interactive gaming and other online services require online access and are offered on a subscription basis for a specified term. Online services must be begun within 6 months of purchase or are subject to forfeiture. Offer valid through 8/31/2011. *Guarantee is limited to Version 4 TOTALe product purchases made directly from Rosetta Stone and does not include return shipping. Guarantee does not apply to any online subscriptions purchased separately from the CD-ROM product or subscription renewals. All materials included with the product at t[illegible] exchange or refund.

Release: StoreMags & FantaMag

The Only 24-Hour Heartburn Medicine with Two Active Ingredients.

Treats Frequent Heartburn
Zegerid
OTC®
• Omeprazole 20 mg/Acid Reducer
• Sodium Bicarbonate 1100 mg/
Allows Absorption of this Omeprazole Product
omeprazole
sodium
bicarbonate

2 ingredients, 1 mission: heartburn solved

Only Zegerid OTC® contains omeprazole, the leading prescription heartburn medicine, and sodium bicarbonate, which protects its omeprazole from stomach acid so it can get to work.

Use as directed for 14 days to treat frequent heartburn. May take 1–4 days for full effect.

©2011 Schering-Plough HealthCare Products, Inc.

CORBIS

Motion Without Sickness

Make vacation travel easy, not queasy

BY REGINA NUZZO

Oh, to travel like George Clooney in *Up in the Air*: ultracool and unruffled by jet lag, motion sickness, and stuffed sinuses. Advice from medical researchers and seasoned travelers can get you there.

JET LAG

For each time zone you cross, your body needs about a day to catch up, says Robert Sack, MD, a sleep researcher at Oregon Health & Science University in Portland. Get a jump on things by starting to shift your sleep schedule before you leave, he suggests. Upon arrival, get out in the sun—in the early morning if you've traveled east and late afternoon if you've headed west. Melatonin can help too, Dr. Sack says. He takes 3 milligrams at bedtime on eastward trips, and 0.5 milligrams if he wakes up in the middle of the night after westward travel.

MOTION SICKNESS

Whether you're on a boat, plane, car, or spaceship, motion sickness seems to have the same cause, says Jay Buckey, MD, an astronaut and researcher at Dartmouth Medical School: Your brain is struggling with conflicting information coming from eyes, ears, and joints. Dr. Buckey >>

endured motion sickness himself on the space shuttle *Columbia*. His hard-earned advice: Keep your head as still as possible and look at something far away (preferably the horizon); don't read or stare at nearby fixed objects. On a cruise, get out on the deck for fresh air if you can, says John Bradberry, MD, fleet medical director for Carnival Cruise Lines. Ask for a cabin on the lower level and in the middle of the ship to minimize rocking motion.

A notorious stomach bug can survive on door handles for weeks. Wash your hands.

STOMACH PROBLEMS

Norovirus, the bug frequently responsible for news-making, cringe-inducing cruise-ship gastrointestinal outbreaks, can survive on door handles and other surfaces for weeks. Wash your hands thoroughly and often (soap and water seems more effective against this microbe than alcohol-based hand sanitizers). For constipation: "When I'm traveling, I make a point of drinking eight ounces of water every hour," says Sophie Dojacques, MD, a traveling ob-gyn. "Water really moves things along." Dr. Dojacques also carries magnesium supplements, since people who don't get enough magnesium in food tend to get constipated; up to 350 milligrams a day is safe. (A little extra magnesium may even help you sleep better—see page 158.)

EAR PAIN

Yawning or chewing gum can "pop" your ears—but if they're severely plugged, Dr. Buckey says, consider delaying your flight. Generally, though, taking a decongestant with pseudoephedrine at least half an hour before your flight helps keep ears unblocked. ■

WORD OF THE MONTH

"Self-compassion"

You have it if you're as kind and understanding about your own shortcomings as you are about a friend's. It's a hot topic in psychology, the *New York Times* reports, and the focus of two new books: *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind,* by Kristin Neff, PhD, and *The Self-Compassion Diet,* by Harvard psychotherapist Jean Fain. "Self-compassion is the missing ingredient in every diet and weight-loss plan," Dr. Fain told the *Times.*

"FOR MY FAMILY, ONLY THE BEST IN NUTRITION."

Compared to ordinary eggs:

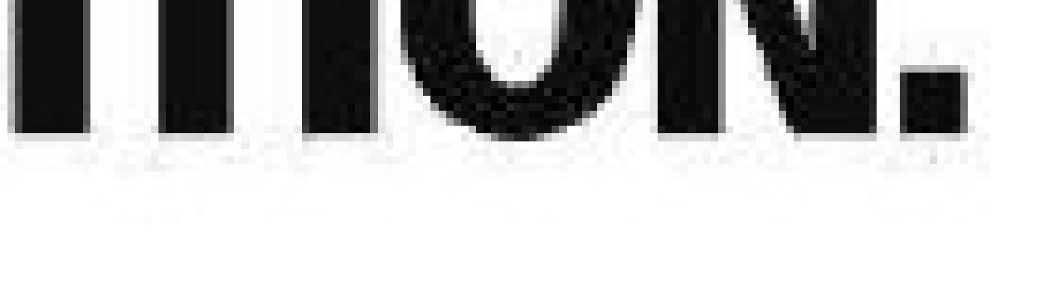
- 25% less saturated fat
- 10 times more vitamin E
- 3 times more vitamin B_{12}
- 2 times more vitamin D
- Double the Omega 3
- 38% more lutein
- 175 mg cholesterol (58% DV)
- Good source of vitamin B_2
- 125 mg choline

www.EgglandsBest.com

Eggland's Best eggs are different. As soon as you open a carton of EBs, you see that red EB stamp on every egg—the sign that you're getting the very best in freshness and quality.

Besides giving your family superior nutrition, EBs also give them more of the farm-fresh taste they love. Better taste and better nutrition also add up to better value—which is something all families are looking for these days.

So, why give your family ordinary when you can give them the best? Eggland's Best.



Also available in cage-free and organic varieties

QUALITY EB APPROVED EGG·LAND'S BEST®

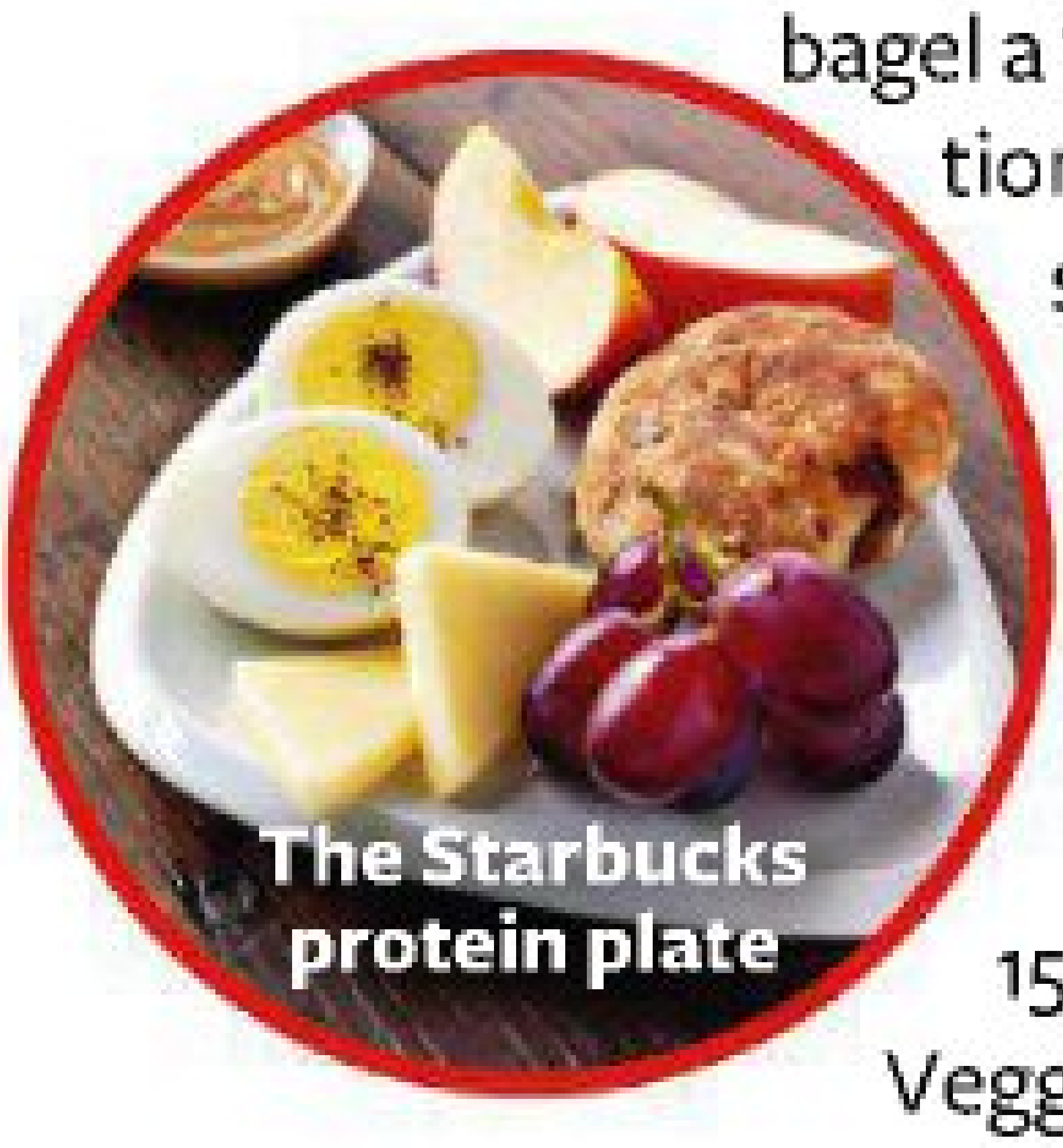
Better taste. Better nutrition. Better eggs™.

HOW TO

Eat Better on the Road

BY BETH DREHER

Try these healthy alternatives when you stop to refuel.



The Starbucks protein plate

BREAKFAST At Starbucks, skip the Apple Fritter (it contains almost half a day's worth of saturated fat) in favor of the Protein Artisan Snack Plate. In *Cooking Light* last summer, dietitian Karen Ansel called a combo of fruit, peanut butter, a hard-boiled egg, and a mini bagel a "perfect balance," nutritionally speaking; the recent substitution of multigrain bread for the bagel can't hurt (but go easy on the new honey peanut butter). At Dunkin' Donuts, try the 150-calorie Egg White Veggie Wake-Up Wrap.

BK's veggie burger

LUNCH Craving a burger? Back away from McDonald's 790-calorie Angus Bacon & Cheese. McD's hamburger, at 250 calories, is "one of the diet-friendliest sandwiches in the biz," said dietitian H. K. Jones in *Fitness*, though it's so light, you may want to add a side salad with Newman's Own low-fat balsamic vinaigrette. Dietitian Elaine Magee at WebMD suggests the "surprisingly tasty" veggie burger at Burger King.

DINNER At 340 calories and 9 grams of fat, two slices of Pizza Hut's 12" Fit 'N Delicious pizza with diced chicken, red onion, and green pepper is "a dietitian's dream," Jones said.

HOME REMEDIES

FEET FIT FOR SANDALS

Summer's coming, which means your feet are going public—a problem if a fungal infection has left your toenails thickened and discolored. *The People's Pharmacy: Quick and Handy Home Remedies* (National Geographic; $16.95) has a solution, and it's one half Listerine, one half white vinegar. Some people dab the mixture on their nails; others soak their feet in it twice a week, say pharmacologist Joe Graedon and his wife, Terry, a medical anthropologist. You need patience: A tough infection can take a year to clear up. **Crucial tip:** Use classic Listerine only. Visitors to the Graedons' popular website, peoplespharmacy.com, say the minty blue version will dye your feet.

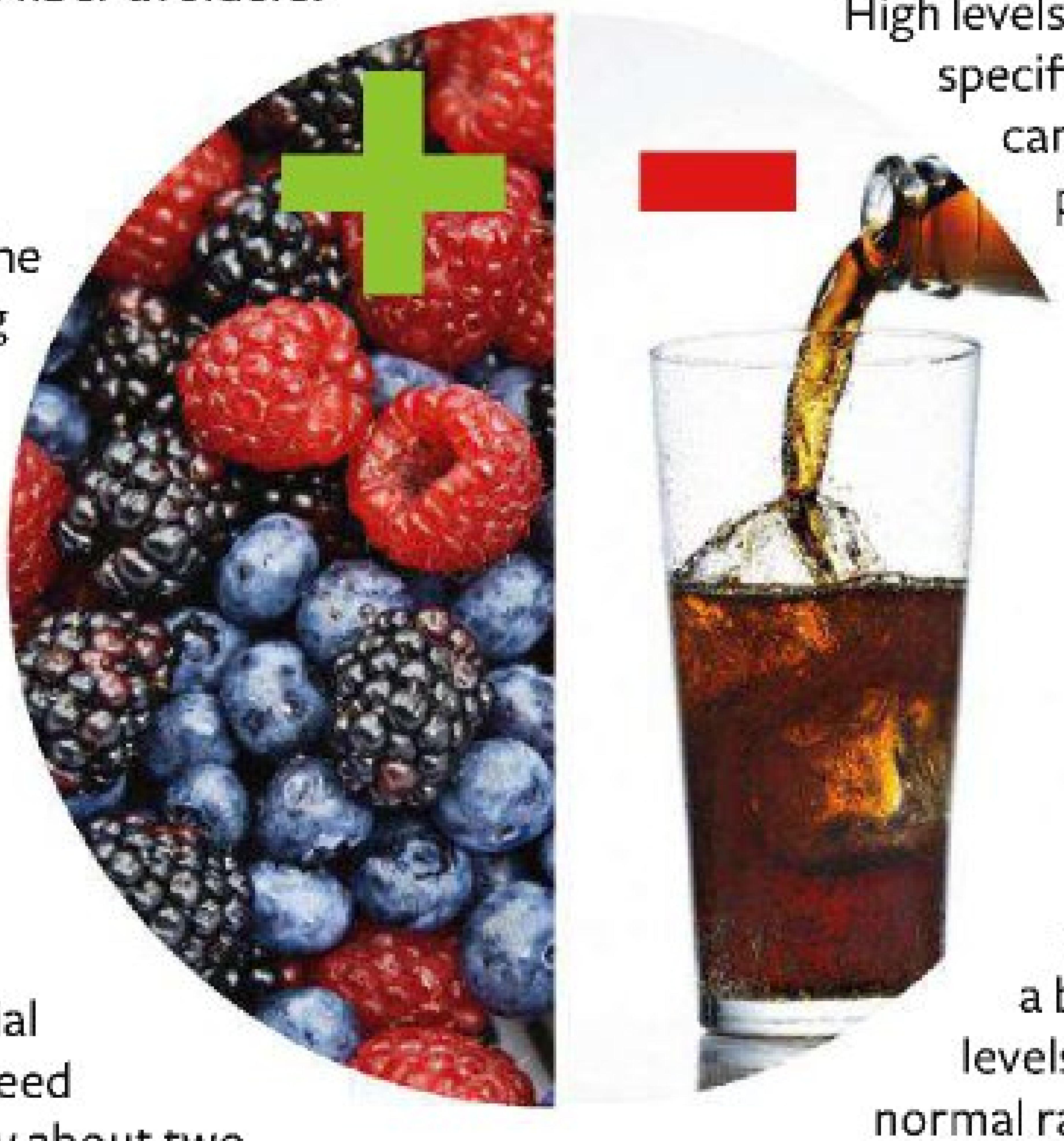
TOP: MARKUS MOELLENBERG/CORBIS

More This, Less That

From research labs around the world, simple **additions** and **subtractions** for a healthier life

+ WHOLE WHEAT BREAD

A diet rich in high-fiber foods now seems even better for you: It appears to protect against not just heart disease but also infectious and respiratory diseases. In a study of almost 400,000 people, those who ate the most fiber were 22 percent less likely to die during a nine-year period than fiber avoiders.



+ BERRIES

Eating plenty of berries may cut the risk of developing Parkinson's disease, preliminary research suggests. Graze widely—it's not clear which berry is best.

+ ZINC FOR COLDS

This controversial remedy may indeed shorten a cold by about two days if you take lozenges or syrup within 24 hours of the start of symptoms, says a recent analysis of 15 studies. The studies used daily doses of 30 to 160 milligrams. (The analysis didn't look at zinc nasal sprays or swabs; the FDA has warned that some of these may harm your sense of smell.)

– IRRITATION AT HOT FLASHES

They're just as annoying as ever, but a recent study suggests that hot flashes and night sweats early in menopause may signal a lower risk of heart disease and stroke years down the road.

– WORRY ABOUT PSA SCORES

High levels of prostate-specific antigen (PSA) can be a sign of prostate cancer, and a quick increase is often enough to prompt a biopsy. But a recent study found that a rapid PSA rise does not necessarily indicate cancer and should not cue a biopsy, as long as levels remain in the normal range.

– SUGAR-SWEETENED SODA

You know it's not good for you—all that sugar without a hint of nutritional value. Here's another mark against it: Soda may raise blood pressure, according to a new study. The link isn't ironclad, but why not dial back?

FROM LEFT: JACQUELINE VEISSID/CORBIS

THE WHY OF WOES

DON'T FEEL BAD— FEEL BETTER

Car horns, strangers on cell phones, people who stop walking right at the foot of an escalator—so many irritants vie for the privilege of tipping you over the edge that National Public Radio science nerds Joe Palca and Flora Lichtman decided to investigate. **Cell phone chatter,** they report in *Annoying: The Science of What Bugs Us* (John Wiley & Sons, $25.95), is much more bothersome than an overheard face-to-face conversation. One possible reason: Since you're hearing not a dialogue but a "halfalogue," you're doomed to fail when you try to predict when it will end or figure out what's going on. And people can't stop themselves from trying to make those predictions, Palca and Lichtman write. "You may be able to finish your spouse's sentences, but your mind wants to finish *everyone's* sentences."

Physical pain is a more insistent distraction than the most oblivious cell-phoning bus seatmate, and we could all use a nonpharmacological way to mute it. One remarkably simple method: Gaze at a photo of a loved one. As Ferris Jabr writes in *Scientific American Mind*, scientists applied nondamaging but painful heat to the palms of volunteers' hands. When the volunteers were looking at a picture of their significant other, they reported about 45 percent less pain, compared with when the picture was of a mere acquaintance. Even the highest temps hurt 12 percent less.

Want to feel happier, no matter what? **Pay attention.** No, not to these words of wisdom—just pay attention to whatever you're doing. A wandering mind is an unhappy mind, John Tierney writes in the *New York Times*. "Using an iPhone app called trackyourhappiness, psychologists at Harvard contacted people around the world at random intervals to ask how they were feeling, what they were doing, and what they were thinking," Tierney writes. The responses produced the discovery that minds are wandering 47 percent of the time (though a good deal less often during sex). But whatever respondents were doing, they were happier if they were paying attention to the activity at hand. One moral, Tierney says: You stray, you pay.

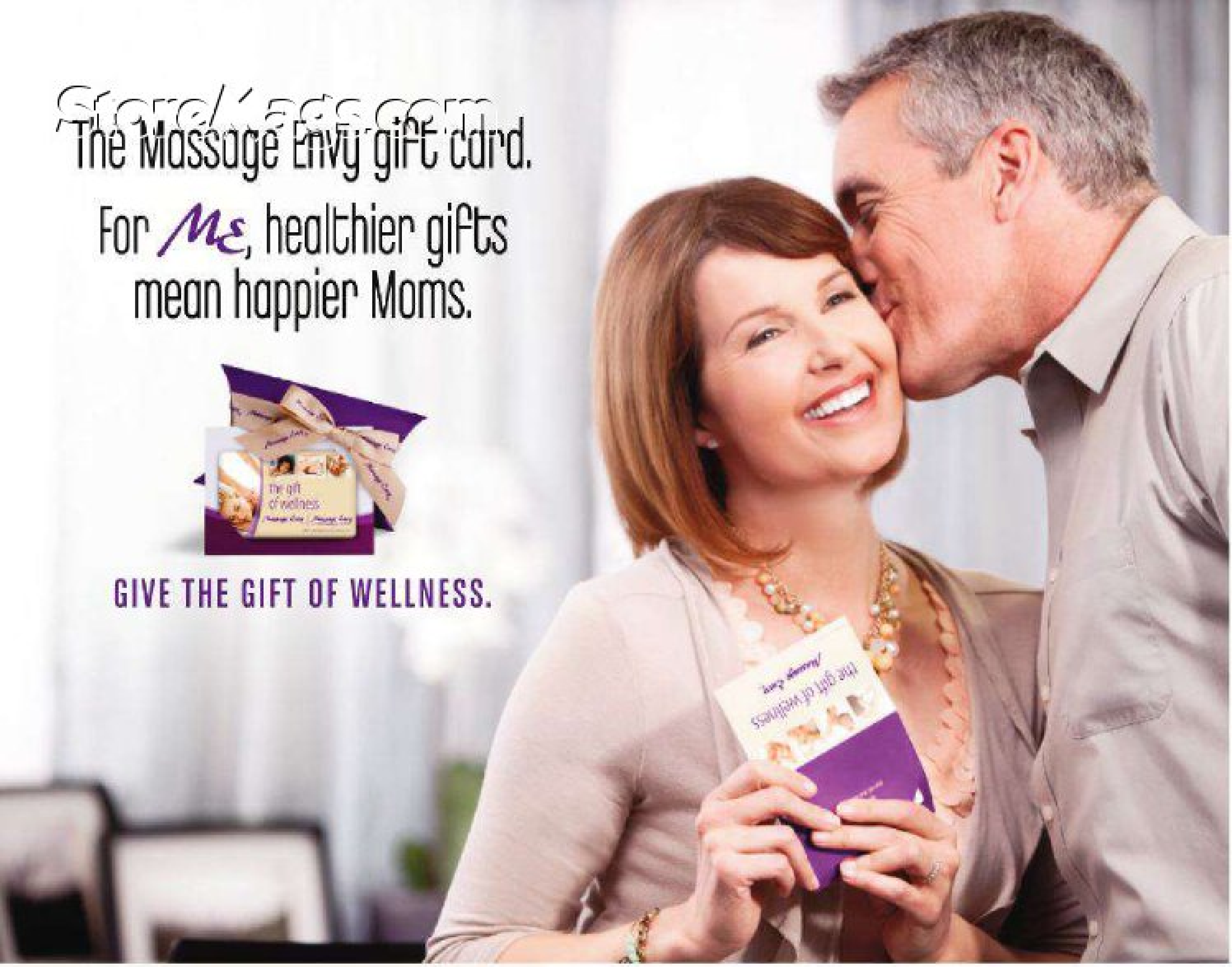
GO FIGURE

$48 BILLION

Estimated amount of fraudulent or otherwise improper payments made by Medicare in 2010

Source: March report, Government Accountability Office

ILLUSTRATED BY ZOHAR LAZAR



The Massage Envy gift card.
For ME, healthier gifts
mean happier Moms.

GIVE THE GIFT OF WELLNESS.

Massage Envy®

MASSAGEENVY.COM

Ask us how to upgrade any massage with our limited edition Vibrant AromaTherapy blend, created just for Mother's Day.

Use your Smartphone to scan this code and find a location near you.

CONVENIENT HOURS | OVER 660 LOCATIONS | FRANCHISES AVAILABLE

Rates and services may vary by location. ©2011 Massage Envy Franchising, LLC.

STELARA® is a prescription medicine approved to treat adults 18 years and older with moderate or severe plaque psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

IMPORTANT SAFETY INFORMATION

STELARA® is a prescription medicine that affects your immune system. STELARA® can increase your chance of having serious side effects including:

Serious Infections

STELARA® may lower your ability to fight infections and may increase your risk of infections. While taking STELARA® some people have serious infections, which may require hospitalization, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses.

- Your doctor should check you for TB before starting STELARA® and watch you closely for signs and symptoms of TB during treatment with STELARA®
- If your doctor feels that you are at risk for TB, you may be treated for TB before and during treatment with STELARA®

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA® tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA® call your doctor right away if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse. People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections that can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections because of the effects of STELARA® on these proteins.

Cancer

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancer. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS)

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including: headache, seizures, confusion, and vision problems.

Serious Allergic Reactions

Serious allergic reactions can occur. Get medical help right away if you have any symptoms such as: feeling faint, swelling of your face, eyelids, tongue, or throat, trouble breathing, throat or chest tightness, or skin rash.

Before receiving STELARA® tell your doctor if you:

- have any of the conditions or symptoms listed above for serious infections, cancer, or RPLS
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®** Non-live vaccinations received while taking STELARA® may not fully protect you from disease.
- are receiving or have received allergy shots, especially for serious allergic reactions
- ever had an allergic reaction to STELARA®
- receive phototherapy for your psoriasis
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking to your doctor.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system
- certain medicines that can affect how your liver breaks down other medicines

Common side effects of STELARA® include: upper respiratory infections, headache, and tiredness.

These are not all of the side effects with STELARA® Tell your doctor about any side effect that bothers you or does not go away. Ask your doctor or pharmacist for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please read the Medication Guide for STELARA® and discuss any questions you have with your doctor.

© Centocor Ortho Biotech Inc. 2010 11/10 25ST10244

Stelara®
(ustekinumab)

If you suffer from **moderate or severe plaque psoriasis…**

Imagine the possibilities of clearer skin

4 doses a year after 2 starter doses

Discover a proven psoriasis therapy. In a medical study, 7 out of 10 STELARA® patients saw at least 75% clearer skin at 12 weeks, and 6 out of 10 patients had their plaque psoriasis rated as cleared or minimal at 12 weeks. *Individual results may vary.*

The safety and effectiveness of STELARA® have not been evaluated beyond two years.

Discover a convenient psoriasis therapy. STELARA® is an injection given under the skin by a healthcare provider as directed by your doctor at weeks 0, 4, and every 12 weeks thereafter. Each injection is given using a small needle. STELARA® is available in 45 mg or 90 mg doses; your doctor will choose the right dose for you. Make sure you keep all your scheduled follow-up appointments.

Ask your dermatologist about STELARA®

Please read the Important Safety Information on the adjacent page.

Learn more about STELARA®
Text STELARA to 80800,
call 1-866-709-1050,
or visit www.STELARAinfo.com

MEDICATION GUIDE FOR STELARA® INJECTION

Read this Medication Guide before you start taking STELARA® and each time before you get an injection. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment with STELARA®.

What is the most important information I should know about STELARA®?

STELARA® is a medicine that affects your immune system. STELARA® can increase your chances of having serious side effects, including:

Serious Infections: STELARA® may lower the ability of your immune system to fight infections and may increase your risk of infections. Some people have serious infections while taking STELARA®, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses. Some people have to be hospitalized for treatment of their infection.

- Your doctor should check you for TB before starting STELARA®.
- If your doctor feels that you are at risk for TB, you may be treated with medicine for TB before you begin treatment with STELARA® and during treatment with STELARA®.
- Your doctor should watch you closely for signs and symptoms of TB during treatment with STELARA®.

You should not start taking STELARA® if you have any kind of infection unless your doctor says it is okay.

Before starting STELARA®, tell your doctor if you think you have an infection or have symptoms of an infection such as:

- fever, sweats, or chills
- muscle aches
- cough
- shortness of breath
- blood in your phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more often than normal
- feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have TB, or have been in close contact with someone who has TB

After starting STELARA®, call your doctor right away if you have any symptoms of an infection (see above).

STELARA® can make you more likely to get infections or make an infection that you have worse.

People who have a genetic problem where the body does not make any of the proteins interleukin 12 (IL-12) and interleukin 23 (IL-23) are at a higher risk for certain serious infections. These infections can spread throughout the body and cause death. It is not known if people who take STELARA® will get any of these infections, because of the effects of STELARA® on these proteins in your body.

Cancers:

STELARA® may decrease the activity of your immune system and increase your risk for certain types of cancers. Tell your doctor if you have ever had any type of cancer.

Reversible posterior leukoencephalopathy syndrome (RPLS):

RPLS is a rare condition that affects the brain and can cause death. The cause of RPLS is not known. If RPLS is found early and treated, most people recover. Tell your doctor right away if you have any new or worsening medical problems including:

- headache
- seizures
- confusion
- vision problems

What is STELARA®?

STELARA® is a prescription medicine used to treat adults 18 years and older with moderate or severe psoriasis that involves large areas or many areas of their body, who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).

STELARA® may improve your psoriasis but may also lower the ability of your immune system to fight infections. This may also increase your risk for certain types of cancer.

It is not known if STELARA® is safe and effective in children.
It is not known if taking STELARA® for more than two years is safe and effective.

What should I tell my doctor before receiving STELARA®?

Before you receive STELARA®, tell your doctor if you:

- have any of the conditions or symptoms listed in the section "What is the most important information I should know about STELARA®?"
- have recently received or are scheduled to receive an immunization (vaccine). People who take STELARA® should not receive live vaccines. Tell your doctor if anyone in your house needs a vaccine. The viruses used in some types of vaccines can spread to people with a weakened immune system, and can cause serious problems. **You should not receive the BCG vaccine during the one year before taking STELARA® or one year after you stop taking STELARA®.** Non-live vaccinations received while taking STELARA® may not fully protect you from disease.
- are receiving or have received allergy shots, especially for serious allergic reactions. Allergy shots may not work as well for you during treatment with STELARA®. STELARA® may also increase your risk of having an allergic reaction to an allergy shot.
- receive phototherapy for your psoriasis.

- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if STELARA® will harm your unborn baby. You and your doctor should decide if you will take STELARA®
- are breast-feeding or plan to breast-feed. It is thought that STELARA® passes into your breast milk. You should not breast-feed while taking STELARA® without first talking with your doctor.
- ever had an allergic reaction to STELARA® Ask your doctor if you are not sure.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially tell your doctor if you take:

- other medicines that affect your immune system.
- certain medicines that can affect how your liver breaks down other medicines.

Ask your doctor or pharmacist if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How will I receive STELARA®?

- STELARA® is given by injection under the skin (subcutaneous injection).
- STELARA® should only be given by a healthcare provider as directed by your doctor.
- Your doctor will decide the right dose of STELARA® for you and how often you should receive it.
- Be sure to keep all of your scheduled follow-up appointments.

What should I avoid while receiving STELARA®?

You should not receive a live vaccine while taking STELARA® See "What should I tell my doctor before taking STELARA®?"

What are the possible side effects of STELARA®?

STELARA® can increase your chances of having serious side effects.

- See **"What is the most important information I should know about STELARA®?"**
- **Serious Allergic Reactions.** Serious allergic reactions can occur with STELARA® Get medical help right away if you have any of the following symptoms of a serious allergic reaction:
  - feeling faint
  - swelling of your face, eyelids, tongue, or throat
  - trouble breathing, throat tightness
  - chest tightness
  - skin rash

Common side effects of STELARA® include:

- upper respiratory infections
- headache
- tiredness

These are not all of the possible side effects of STELARA® Tell your doctor about any side effect that bothers you or that does not go away. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects.
You may report side effects to the FDA at 1-800-FDA-1088.
You may also report side effects to Centocor Ortho Biotech Inc. at 1-800-457-6399.

General information about STELARA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about STELARA® If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about STELARA® that was written for healthcare professionals.

What are the ingredients in STELARA®?

Active ingredient: ustekinumab

Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, polysorbate 80, and sucrose.

Prefilled Syringe Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Baxter Pharmaceutical Solutions, Bloomington, IN 47403

Vial Manufactured by: Centocor Ortho Biotech Inc., Horsham, PA 19044, License No. 1821 at Cilag AG, Schaffhausen, Switzerland

Revised October 2010

This Medication Guide has been approved by the U.S. Food and Drug Administration.

U.S. License No. 1821

© Centocor Ortho Biotech Inc. 2010

25ST10222

StoreKags.com

Miles (in uniform) with his wife and parents, 2006

COURTESY ARTIS HENDERSON

Common Ground

The author and her mother-in-law didn't see eye to eye—until they lost Miles

BY ARTIS HENDERSON ● from *The New York Times*

When Miles and I decided to live together, I asked him if his mother, Terry, would be upset. We sat at the kitchen table in his apartment near Fort Rucker, Alabama, while the warm fall evening pressed against the sliding-glass doors. Miles would graduate from flight school in a few months, and the Army would be sending him to Fort Bragg, North Carolina. My job in Tallahassee would be ending at the same time, and the move felt right to both of us.

"Don't worry about it," he said. He leaned back in his wooden chair and propped a foot against the leg of the table. "She'll probably want to send us a housewarming gift. Go ahead and think of something."

I thought place mats would be nice.

Terry came for a visit three weeks after we moved into our tiny rented house on the outskirts of Fort Bragg. She did not bring place mats. She was tense and unsettled, the way I remembered her, and she refused to stay in our guest bedroom. She stayed in a hotel across town instead.

In our home, Terry was cordial. She cooked dinner, churning out Miles's favorites, like "burnt-steak stew," meals with a history that reached back to their hometown in Texas. She made the sugar cookies Miles liked, the kind I could never get right, and she talked about home and church and family.

On the second day, after Miles had put on his uniform and left for the base, Terry suggested we drive to the mall in Raleigh. In her rental car, we drove through Fayetteville, where rhododendrons bloomed pink in the gray morning. The rain started when we reached the interstate, and Terry launched into the reason for her visit.

"You know Brad and I don't approve of you living together," she said, referring to Miles's father. She called it "living in sin." Her hands gripped the steering wheel, and outside it poured. She talked for an hour and a half, without pause. But when we reached the shopping center, the space between us seemed somehow easier.

In the summer, we stopped at Terry and Brad's home in the Texas Panhandle on our way to Fort Hood, in the central part of the state. Miles's unit would spend nine months training there before heading to Iraq. As we turned off the highway and onto their gravel road, a steady wind blew. It stirred the dry grass and ruffled the cows in the pasture.

Miles spent his days outside, under the big Texas sky with Brad, while I stayed inside with Terry. She showed me how to make her meat loaf and wrote the recipe for her sugar cookies on an index card. Mostly she talked about Miles. About how long it took to conceive him, about the miscarriages that came after. She talked about breastfeeding, sleepless nights, and Miles's sweet baby smile.

"Stop," my mother-in-law said and held up a hand. "Just tell me if my son is alive."

She cornered me once about the move to Texas, but before she could get into the sinful parts, someone interrupted the conversation. Anyway, Miles and I were married in less than a year, and by then the point was moot.

On the day Miles was deployed, Terry helped me pack up our life so I could go home to my family in Florida. Together, we boxed the towels and the bed linens. We loaded them into Miles's pickup, and Terry drove the truck back to Texas, where it would wait for him to come home.

>>

When he did come home, it was not the way we expected, but with an escort and an honor guard and casualty assistance officers. Terry told me that when the notifying soldier came to her door, she wouldn't let him speak.

"Stop," she said and held up a hand. "Just tell me if my son is alive."

"No, ma'am," the soldier said. "He's not."

I couldn't imagine that kind of backbone; I had listened silently through my own notification, then thanked the soldiers as they left. But later, when it had all sunk in—this new reality and the things we do when we lose someone we love—her reaction felt right. Miles was the best of her. He had her face, her build, her Texas twang. As much as he was to me, he was more to her, more viscerally hers.

After a few months, Terry came to Florida to help me sort through things sent back from Iraq. Two black bins were filled with Miles's possessions, carefully labeled and organized, still covered with a fine dusting of Iraqi sand. Although they were

REUNIONS

Top Family Getaways

FROM **grandparents.com**

Best of America

More than eight million people attend 200,000 family reunions every year, reports Randall Travel Marketing. Keep your clan happy at these family-friendly destinations, recommended by travel experts and grandparents.com readers.

1) **Penobscot Bay, Maine** Charter an authentic Maine windjammer or whale watch on a regular cruise while munching fresh seafood and homemade bread; trips start at $400 per person. Visit sailmainecoast.com.

2) **Grand Teton National Park, Wyoming** Rent a canoe or motorboat for a float trip on Jackson Lake, fly-fish with a guide (and personal fish finder), or enjoy the view of the Grand Tetons while horseback riding at Jackson Lake Lodge; rooms start at $229 per night. Visit gtlc.com.

3) **Acme, Michigan** The town's renovated 600-room resort Grand Traverse Resort and Spa features three golf courses, crafts for kids and summer fruit-picking; rooms start at $165 per night. Visit grandtraverseresort.com.

4) **Santa Fe, New Mexico** Get a dose of the great outdoors at the 450-acre Bishop's Lodge Ranch Resort & Spa, where you can hike, play tennis, shoot skeet, or bob in the gorgeous pool; rooms start at $159 per night. Visit bishopslodge.com.

BOB KRIST/CORBIS

legally mine as next of kin, it didn't feel right that I should have sole access to them.

We sat in my garage with the doors open and sifted through Miles's life in the desert. We sorted through his notebooks and office supplies, his rolled socks and Army fatigues. When it was all too much, Terry stopped and pulled a T-shirt from the pile. She raised it to her face and breathed deeply, searching for some trace of Miles. She did not know what I knew, for I had already done the same: The Army had laundered his clothes, and this, too, was lost.

What remained was the space created by Miles's absence, thick and palpable with our grief. Losing a spouse is in no way like losing a child, but all loss is in some way like losing ourselves. In the months after Miles's death, Terry and I struggled to reorient our own lives, and in that search, we found each other. We began to bridge the distance that had been between us, bringing our shared love for Miles into the unknowable middle ground.

At the military briefing following his death, we saw photos of the citrus orchard where his helicopter had crashed, and we read the final seconds of audio from the in-flight voice recorder. "Pull up," Miles had said at the very end. Terry stood behind me during the hardest parts, pressing her small hands into my shoulders.

I have heard people say that you should never marry a man who doesn't love his mother.

I have heard people say that you should never marry a man who does not love his mother. I was lucky: Miles loved his mother fiercely. He loved me too. In losing him, Terry and I have not divvied up this love, as we have with his other things. We have discovered that there is more than enough to share. ■

GO FIGURE

72 → **61** → **9**

Age at which baby boomers believe "old age" begins

Percentage of baby boomers who feel younger than their real age

Years younger than their actual age that baby boomers feel

Source: Pew Research Center

ADVERTISEMENT

StoreKads.com

Are you getting the right nutrition for a healthy future?

Routine aerobic and weight-bearing exercise is an important part of staying healthy at any age. Diet is equally important—but it's not always easy to get the proper amount of nutrition. That's why Ensure® has convenient, customized nutritional solutions formulated to meet your unique health goals.

Dr. Vonda Wright has teamed up with Ensure® to help people understand the role nutrition can play in active aging. She is an orthopedic surgeon specializing in patients over 40 and has appeared frequently on the Emmy® Award-winning daytime talk show *The Doctors.*

Choose the Ensure® that's right for you.

Find your strength

Did you know that you naturally lose muscle over time? **Ensure® Muscle Health** has Revigor™ and protein to protect, preserve, and promote muscle health.

Strong to the bone

Bones lose density as you age. **Ensure® Bone Health** has Caltrius™, a unique blend of calcium, vitamin D, and protein to help build strong bones.

Gut reaction

70% of your immune system is in your digestive tract. **Ensure® Immune Health** has prebiotic fiber for digestive tract health and antioxidants* to support your immune system.

Bounce back

Your nutritional needs increase when you're recovering from illness or surgery. That's the time for a nutritional solution like **Ensure® Clinical Strength**, an all-in-one shake with the right blend of calories, protein, Revigor™, Immune Balance, calcium, and vitamin D.

The next level of protein

Experts recommend at least 25g of protein per meal to help build lean muscle.[1,2] **Ensure® High Protein** has 50% DV of protein, is low fat, and has 10% of calories from sugars. Stay active, stay strong!

Make the Ensure® line of nutritional shakes part of your healthy diet.

---

*Vitamins C, E & selenium. 1. Paddon-Jones D, Rasmussen BB. *Curr Opin Clin Nutr Metab Care.* 2009;12:86-90. 2. English KL, Paddon-Jones D. *Curr Opin Clin Nutr Metab Care.* 2010;13:34-39.

Ensure
targeted, specialized nutrition
muscle
health
REVIGOR
to help build muscle
HMB
13g

OVER 40?
YOU CAN
LOSE 8%
OF YOUR
MUSCLE
EVERY
10 YEARS.
(YOU DO THE MATH.)

Ensure® Muscle Health has REVIGOR™, the amino acid metabolite HMB, and protein to help rebuild muscle and strength naturally lost over time.
Learn more at Ensure.com

Ensure®
Nutrition in Charge!™

©2011 Abbott Laboratories, Inc.
78696/March 2011 LITHO IN USA

As part of a healthy diet.

Abbott
A Promise for Life

ADVERTISEMENT

On newsstands in April!

fit+fabulous

This April, look for *Fit & Fabulous*, an all-new *Best You* publication from *Reader's Digest*. Get great tips for quick and easy ways to look your best and feel great every day.

LOOK GREAT | GET FIT | EAT WELL | EMBRACE LIFE

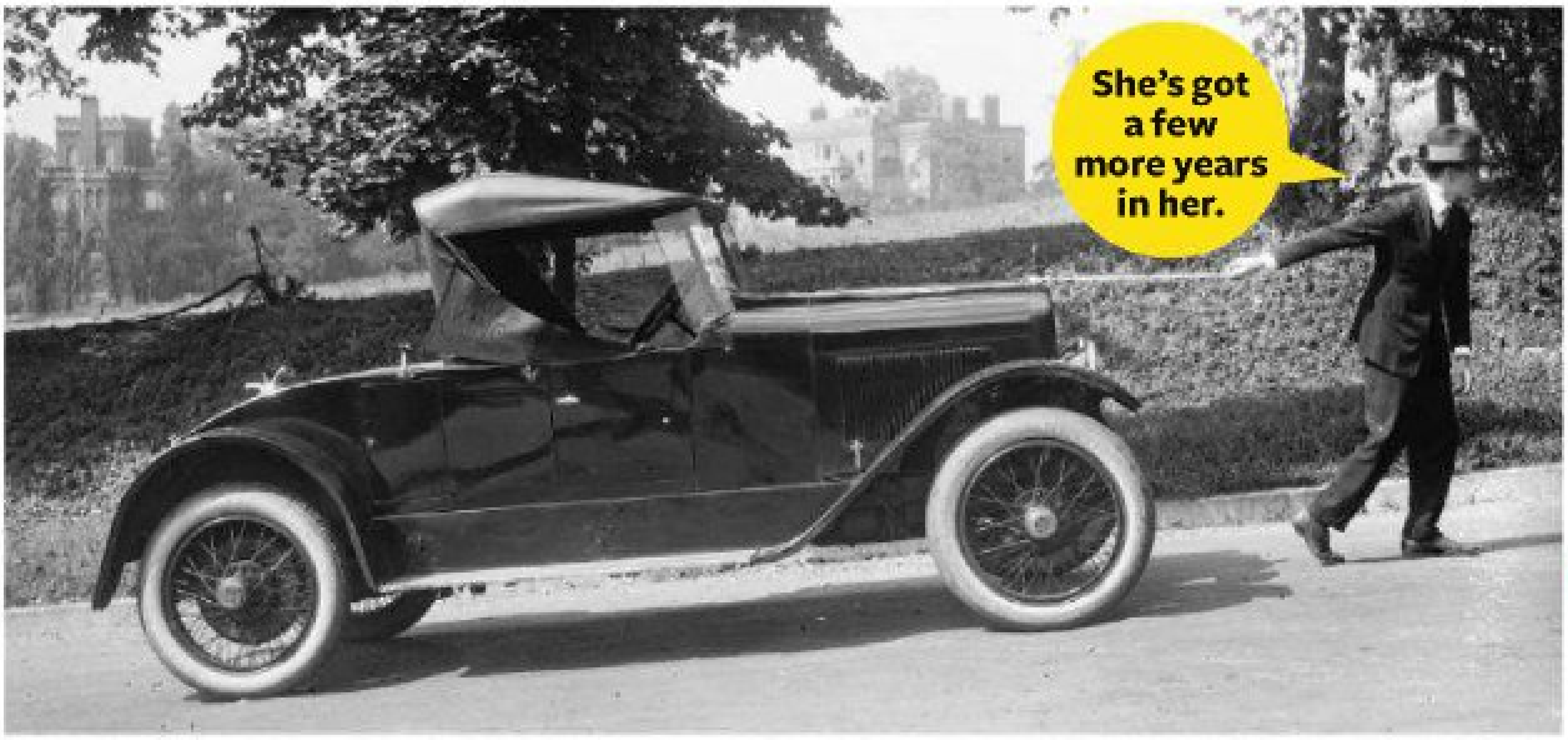
Reader's Digest
Best You
fit+fabulous
easy WAYS YOU CAN WIN AT WEIGHT LOSS
SHAPE YOUR BODY WITHOUT WORKING OUT
FEEL CONFIDENT & RADIANT
reveal your inner beauty

SIGN UP FOR THE *Best You* eNEWSLETTER AT MYBESTYOU.COM

eNEWSLETTER
BEST YOU BLOG
MAGAZINE

Reader's Digest
Best You

Release: StoreMags & FantaMag


She's got a few more years in her.

Random Ideas from All Over

Saturday night's all right. We're happiest at 7:26 p.m. on Saturday nights. By then, we've wound down from the workweek, says a British researcher, and "the majority of us are feeling great." (London *Daily Mail*)

The Internet isn't exactly Lady Liberty. Evgeny Morozov takes "digital Orientalism" to task in *The Net Delusion.* The idea that repressive societies can only benefit from a vigorous Internet is wrong, he says. Indeed, the Iranian government used the Web to identify protesters and spread propaganda, he argues. (Lee Siegel, *New York Times Book Review*)

Sloth nation? The *New York Post* is worried that America has taken laziness to new lows. The evidence? Forever Lazy fleece pajamas, squeezable ready-to-eat fruit purées in pouches (no washing, no peeling), "mobility scooters" for people who are perfectly mobile, and kids who don't do chores.

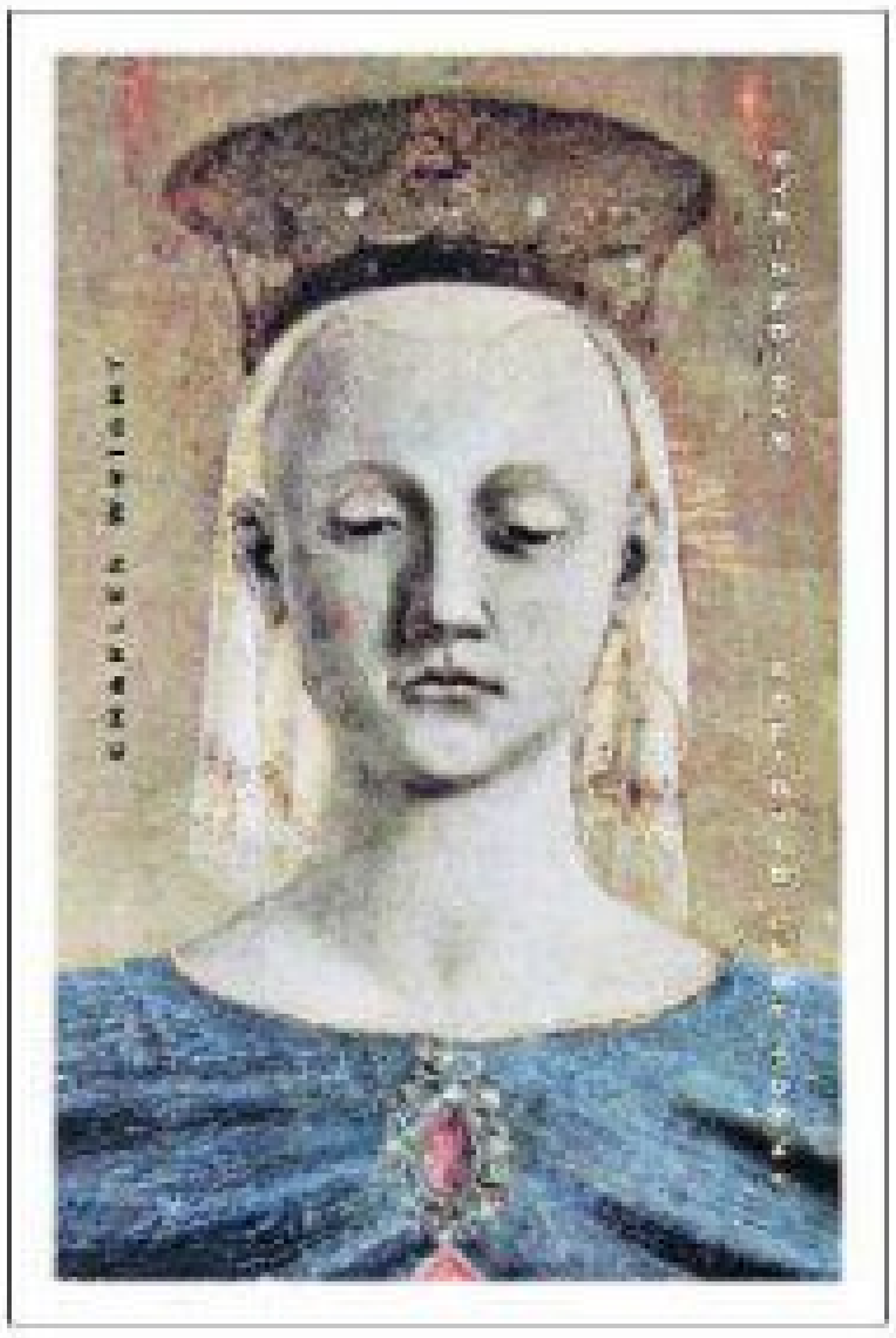
Holding on just a little while longer. If there's one thing the economic downturn has taught us, it's to make do. On average, Americans are holding on to their cars 14 percent longer than they did at the end of 2008. We're upgrading our cell phones every 18 months instead of 16 months; our laptops, a month later than we did a year ago. (*New York Times*)

Curious about the afterlife? Patheos.com lets you compare religions and belief systems side by side so you can find out more about who believes what. (*Newsweek*) ■

BUYENLARGE/GETTY IMAGES

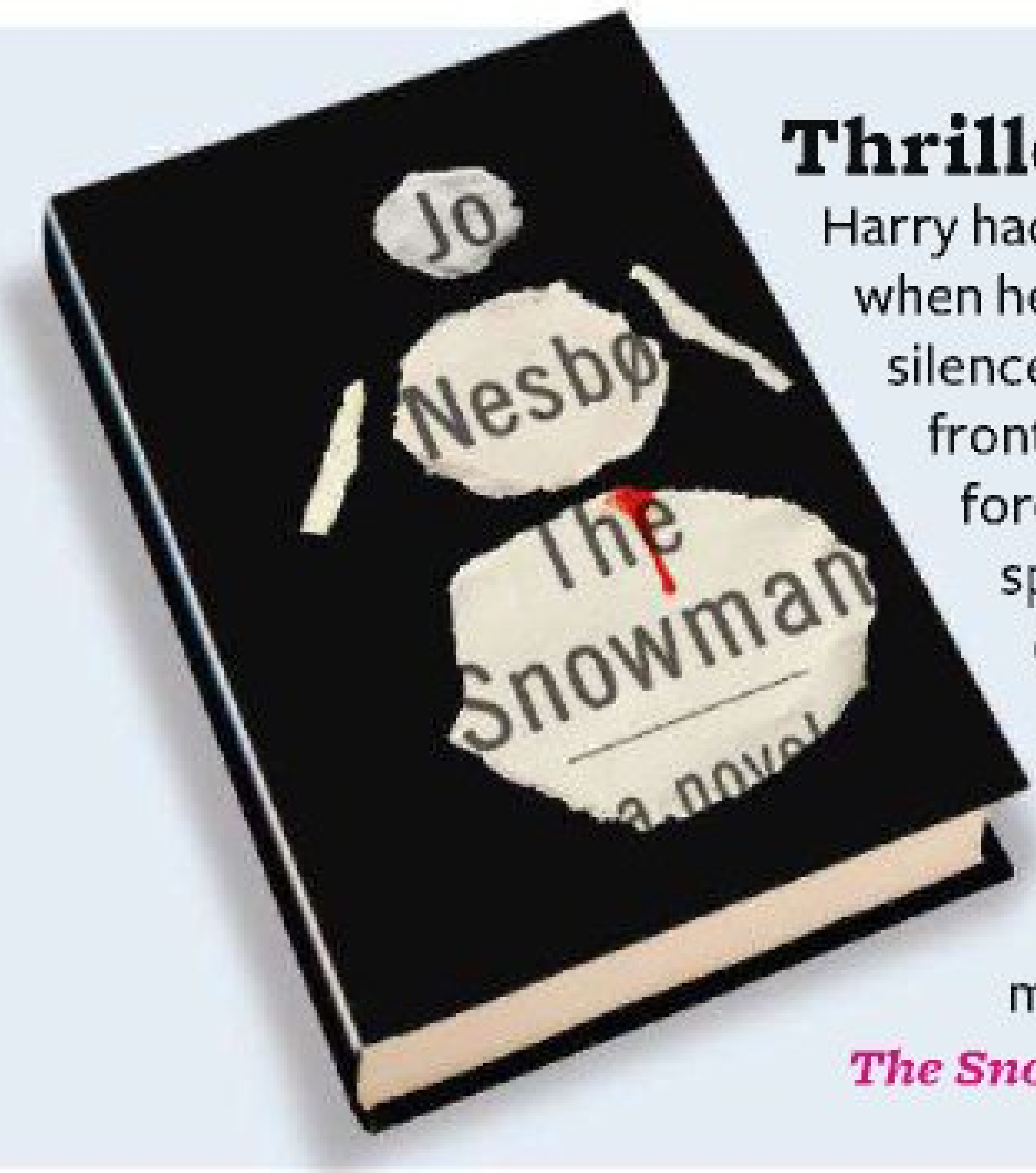
Mini Book Excerpts

Poetry



Each second the earth is struck hard
by four and a half pounds of sunlight.
Each second.
Try to imagine that.
No wonder deep shade is what the soul longs for,
And not, as we always thought, the light.

From "In Praise of Thomas Hardy" in *Bye-and-Bye: Selected Late Poems* by Charles Wright (Farrar, Straus and Giroux, $27)

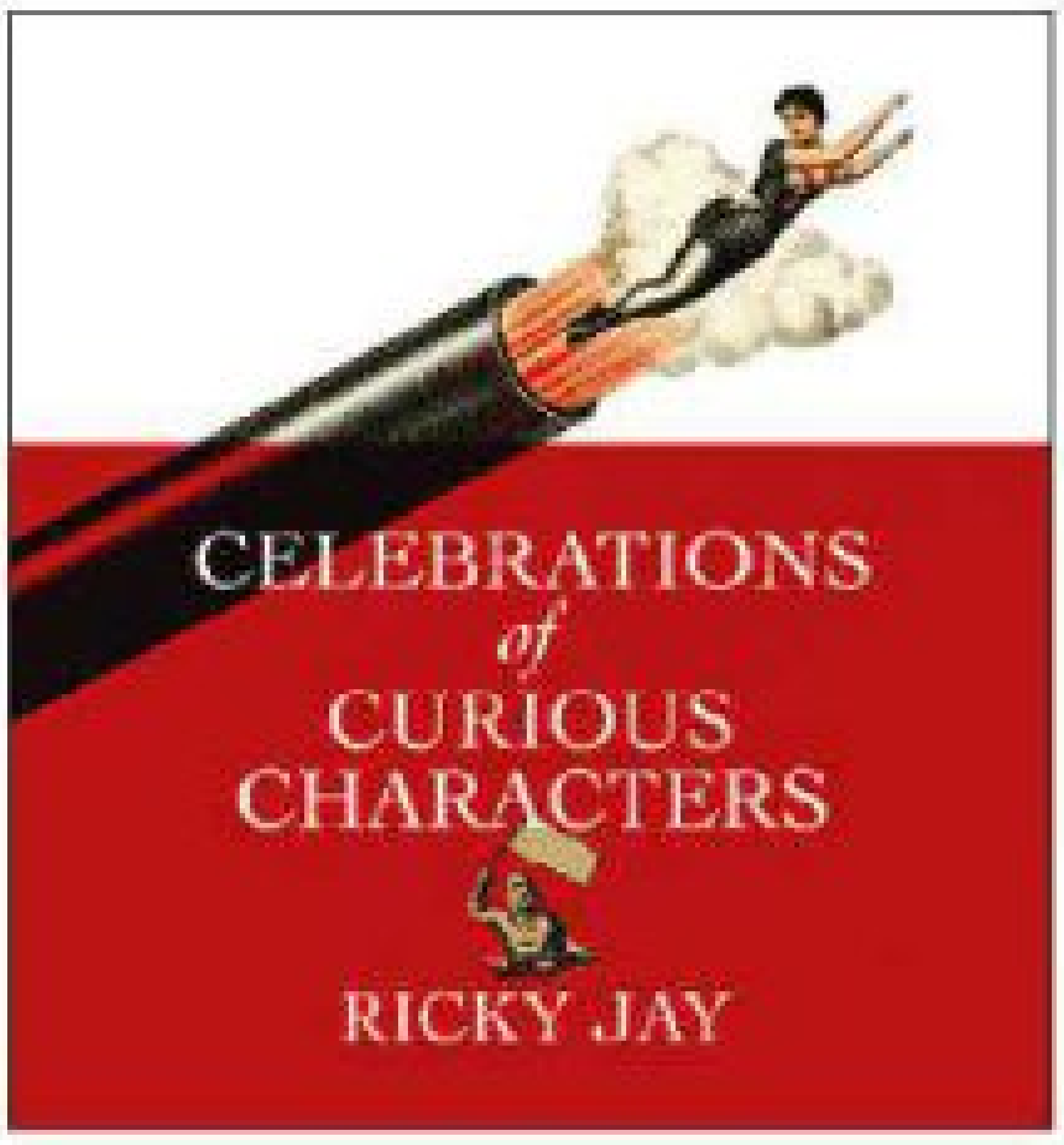


Thriller

Harry had walked barely a few yards into the forest when he was overtaken by an intense, almost unnatural silence. He shone the flashlight down on the ground in front of him because every time he pointed it into the forest, shadows ran between the trees like jittery spirits in the pitch black. Being isolated from the dark in a bubble of light didn't give him a sense of security. Quite the opposite. The certainty that he was the most visible object moving through the forest made him feel naked, vulnerable. The branches scraped at his face, like a blind man's fingers trying to identify a stranger.

***The Snowman* by Jo Nesbø (Knopf, $25.95)**

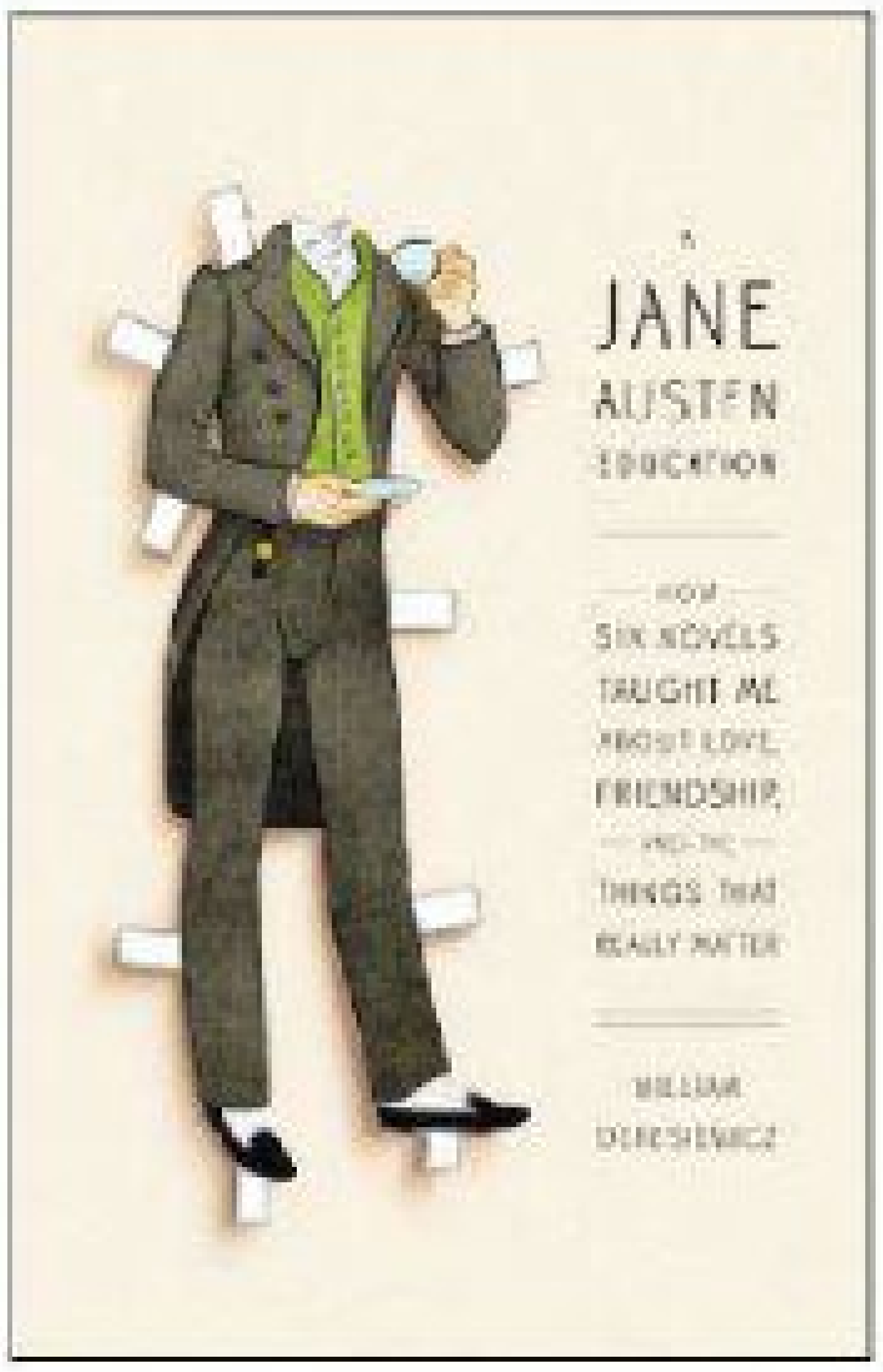
Crime



Semple's profession often required considerable audacity. Once, in an attempt to con a wealthy gentleman, Semple claimed to be an intimate acquaintance of the man's brother. The fellow invited Semple to dinner with the brother, who had come to town that very day. Instead of meekly retreating, Semple accepted the invitation, delighted in the free meal, and convinced the brother, a total stranger, that they had often met.

***Celebrations of Curious Characters* by Ricky Jay (McSweeney's, $26)**

Literature

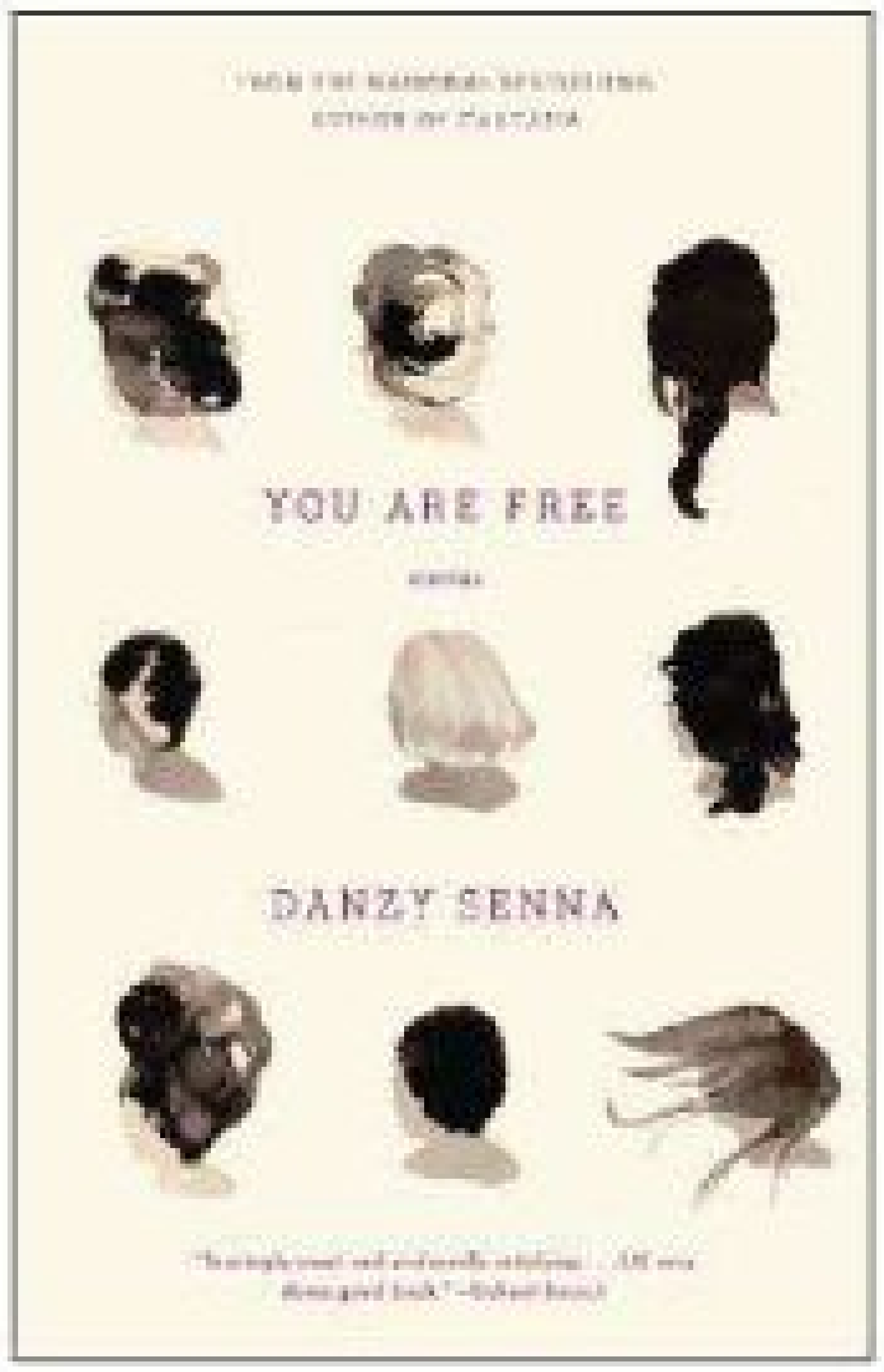

A
JANE
AUSTEN
EDUCATION
HOW
SIX NOVELS
TAUGHT ME
ABOUT LOVE,
FRIENDSHIP,
AND THE
THINGS THAT
REALLY MATTER
WILLIAM
DERESIEWICZ

Growing up may be the most remarkable thing that anybody ever does. One day we're hitting our little brother over the head with a wooden duck, and a few days later we're running a business, or writing a book, or raising a child of our own. How do we do it? ... We come into the world as a tiny bundle of impulse and ignorance—how do we ever become fit for human company, let alone capable of love? This, I discovered that summer, was what Jane Austen's novels were about.

A Jane Austen Education: How Six Novels Taught Me About Love, Friendship, and the Things That Really Matter
by William Deresiewicz (Penguin Press, $25.95)

Short Stories

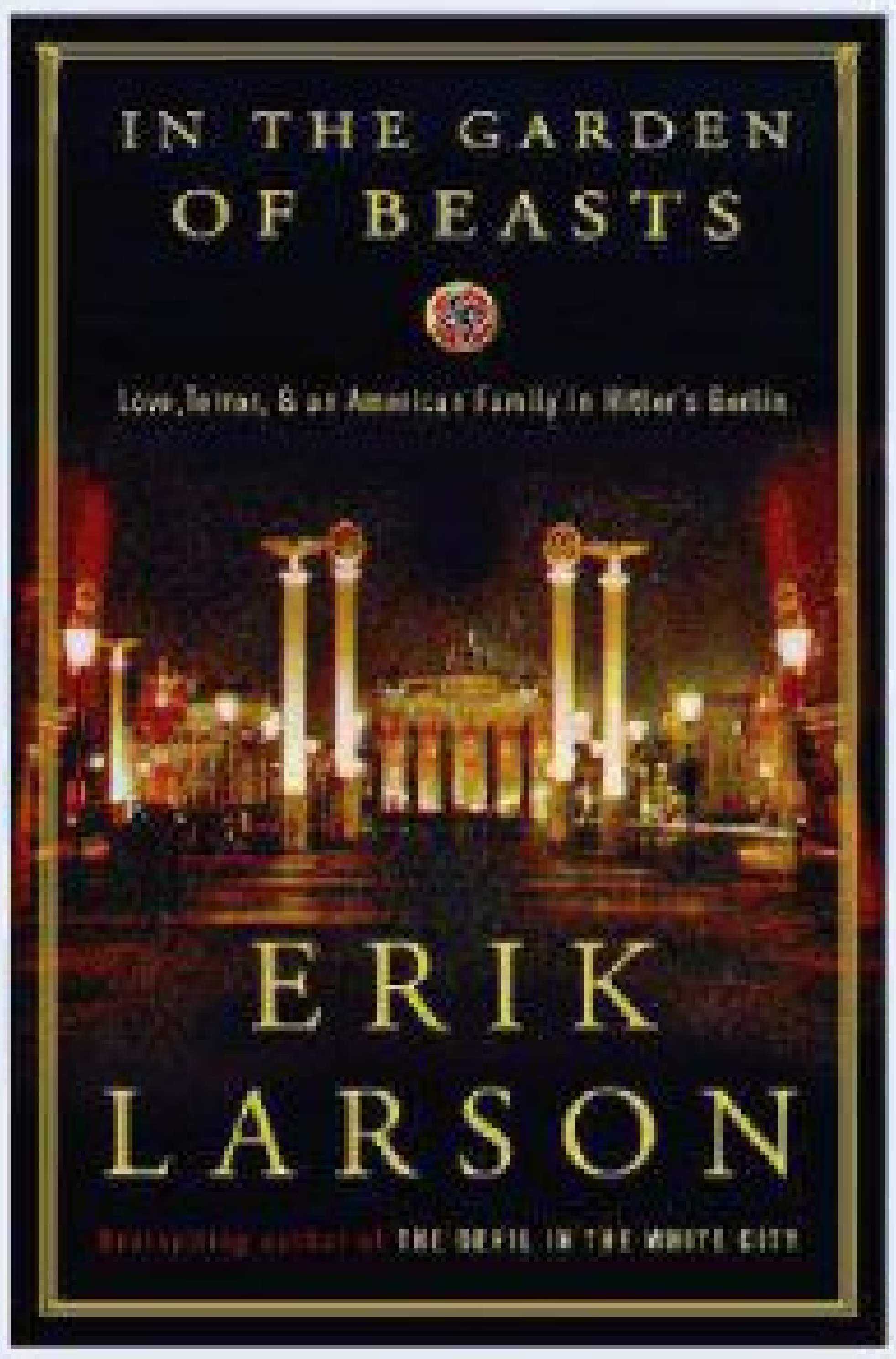
She wants to say to him what she has learned, none of it in class: Some women are born to play dumb, and some women are too smart for their own good. Some women are born to give, and some women only know how to take. Some women learn who they want to be from their mothers, some who they don't want to be. Some mothers suffer so their daughters won't. Some mothers love so their daughters won't.


YOU ARE FREE
stories
DANZY SENNA

You Are Free
by Danzy Senna (Riverhead Books, $15)

History

Martha and her mother toured greater Berlin's lovely residential neighborhoods and discovered the city to be full of parks and gardens, with planters and flowers seemingly on every balcony. In the farthest districts they saw what appeared to be tiny farms, possibly just the thing for Martha's father. They encountered squads of uniformed young people happily marching and singing, and more threatening formations of Storm Troopers with men of all sizes in ill-fitting uniforms, the centerpiece of which was a brown shirt of spectacularly unflattering cut. More rarely they spotted the leaner, better-tailored men of the SS, in night black accented with red, like some species of oversized blackbird.


IN THE GARDEN
OF BEASTS
Love, Terror, & an American Family in Hitler's Berlin
ERIK
LARSON
Bestselling author of THE DEVIL IN THE WHITE CITY

In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin
by Erik Larson (Crown, $26)

WHAT I'M UP TO

Kim Clijsters

is the No. 2–ranked female tennis player in the world. She won the U.S. Open in 2010.

INTERVIEW BY ANDY SIMMONS

ILLUSTRATED BY GRAFILU

WHAT SHE'S WATCHING

"A lot of cooking shows. My interest in food began when my mother had a liver transplant and was on a strict diet with fruits and vegetables. Now, when I travel abroad on the tennis tour, I watch that country's cooking shows. Every country has different opinions on what constitutes health food."

WHAT SHE'S LISTENING TO

"At the U.S. Open, the player gets to choose the song that plays when she is introduced. I chose Alter Bridge's 'Brand New Start.' I like songs with great lyrics."

Her READER'S DIGEST VERSION of life and work:

"My dad taught us that by being polite and friendly, we can create positive energy around us, even in negative situations."

IF SHE RULED THE WORLD, SHE WOULD ...

"I would cure cancer. It's personal for me. My father passed away two years ago from malignant melanoma, and we took care of him until the end. You know, it used to be that when I was on the court, I'd get aggravated when I missed a shot. But after seeing what he went through, I now wonder, Why do I even stress about tennis?"

WHAT SHE'S PLUGGING

"10andundertennis.com promotes tennis for kids, which is played with softer balls, lighter rackets, and smaller courts. It's how I learned when I was growing up in Belgium. Technique is so important for young players, and it's easier to learn when you're not overswinging because the racket is too heavy or the net is too far away. It makes it more fun. Hey, it's frustrating when you're picking up more balls than you're hitting."

hello

Vinyl records! The fastest-growing music format last year was an oldie but goodie: vinyl records. That's good news for independent record stores that have been losing sales to digital downloads, reports *USA Today*. Where to find record albums, as we once referred to them? The best record stores in America, says the *Wall Street Journal*'s Luke O'Neil: Dusty Groove America, in Chicago; Bop Street Records, in Seattle; Amoeba Music, in Berkeley, California; the Electric Fetus, in Minneapolis; and Princeton Record Exchange, in New Jersey.

Restaurants with working gardens. The rising cost of food and a desire to produce exactly what they want have encouraged restaurateurs to get their hands dirty, reports npr.org. Owners can vouch for their pesticide-free herbs and tomatoes and grow the varieties they like. Independent restaurants with control over their menus (not Applebee's) are—no surprise—the ones that tend to cultivate produce out back.

goodbye

Some words in the Bible. The New American Bible is missing some words with outdated connotations, reports UPI, and now maybe young children will stop snickering when they hear them. *Booty* has become *spoils of war*, and *virgin* has become *young woman*.

Pirates? Anti-pirate rhetoric is being ratcheted up. Clifford D. May of National Review Online is tired of pirates off the African coast getting away with murder—literally. They hold more than 30 vessels and 700 hostages, and there are United Nations resolutions that allow pursuit, May writes, "at sea, into port, and onto land."

The art of pickpocketing. We carry less money, credit-card and debit-card security is so much better, and no new generation of pickpockets are plying their trade on crowded streets. Statistics for the crime are way down, reports *Slate*.

NOTABLE QUOTE

> "Ballet I love for about five minutes. Then I want to see a comic come out."

Fred Willard, quoted in *Esquire*

LEFT: DICK PATRICK/GETTY IMAGES; RIGHT: GETTY IMAGES

AngelBeds.com

Tempur-Pedic™ Technology & Feel - Only Hundreds Less

Memorial Day Savings! Enter Code : MEMORIAL
at check out to receive $100 off your AngelBed order!

Customer Testimonial:
"I started with a Tempur-pedic, but then needed to replace 2 mattresses. I tried AngelBeds and am so glad I did. I get a wonderful night's sleep each and every night and I did not have to pay the big bucks. I saved a lot of money too! When my son get's his new bedroom set we will get him an Angel Bed too. It was easy to order and shipped promptly. You won't go wrong if you get one too!" **Toni R.**

- Savings of up to $1,300 Over Tempur-Pedic™
- **NASA Technology Foam**
- **90 Day Risk Free Trial**

877-801-0600
Visit ANGELBEDS.COM for more details

Tempur-Pedic is a registered trademark of Dan Foam A/S Corp. of Denmark, which is not affiliated with, and does not sponsor, this web site. This web site does not sell Tempur-Pedic® mattresses.

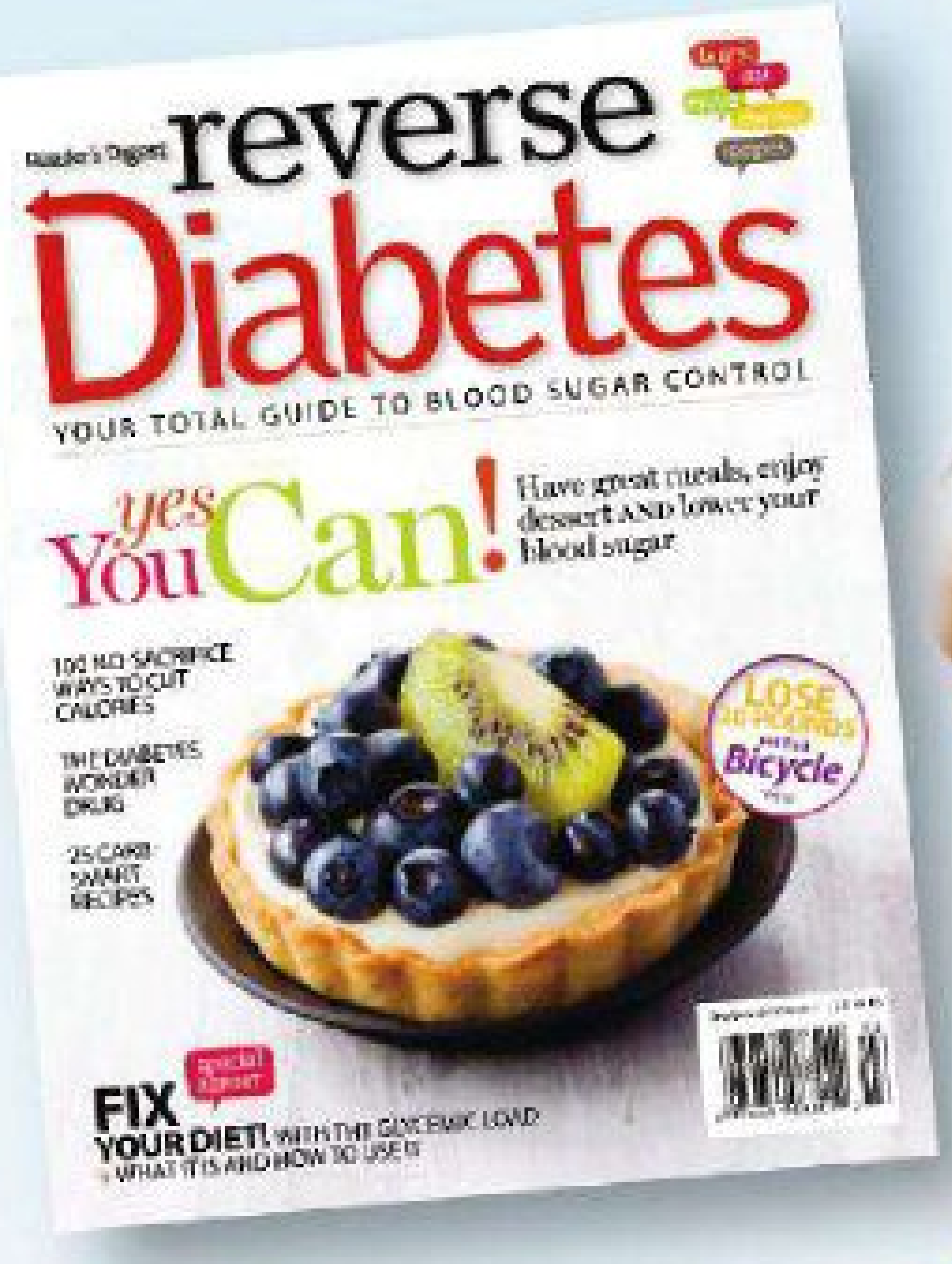
ADVERTISEMENT

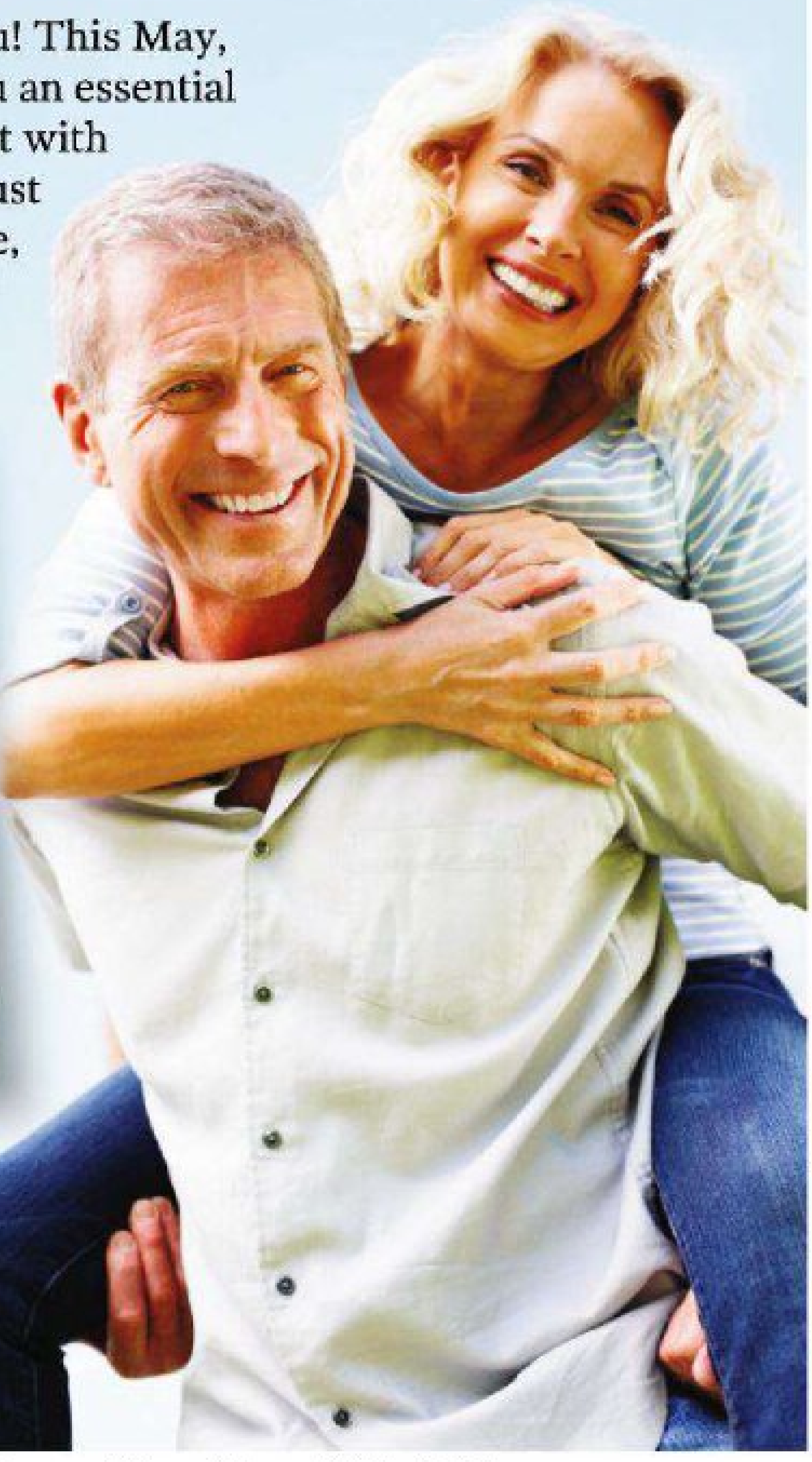
ON NEWSSTANDS
IN MAY!

reverse
Diabetes

YOUR TOTAL GUIDE TO BLOOD SUGAR CONTROL

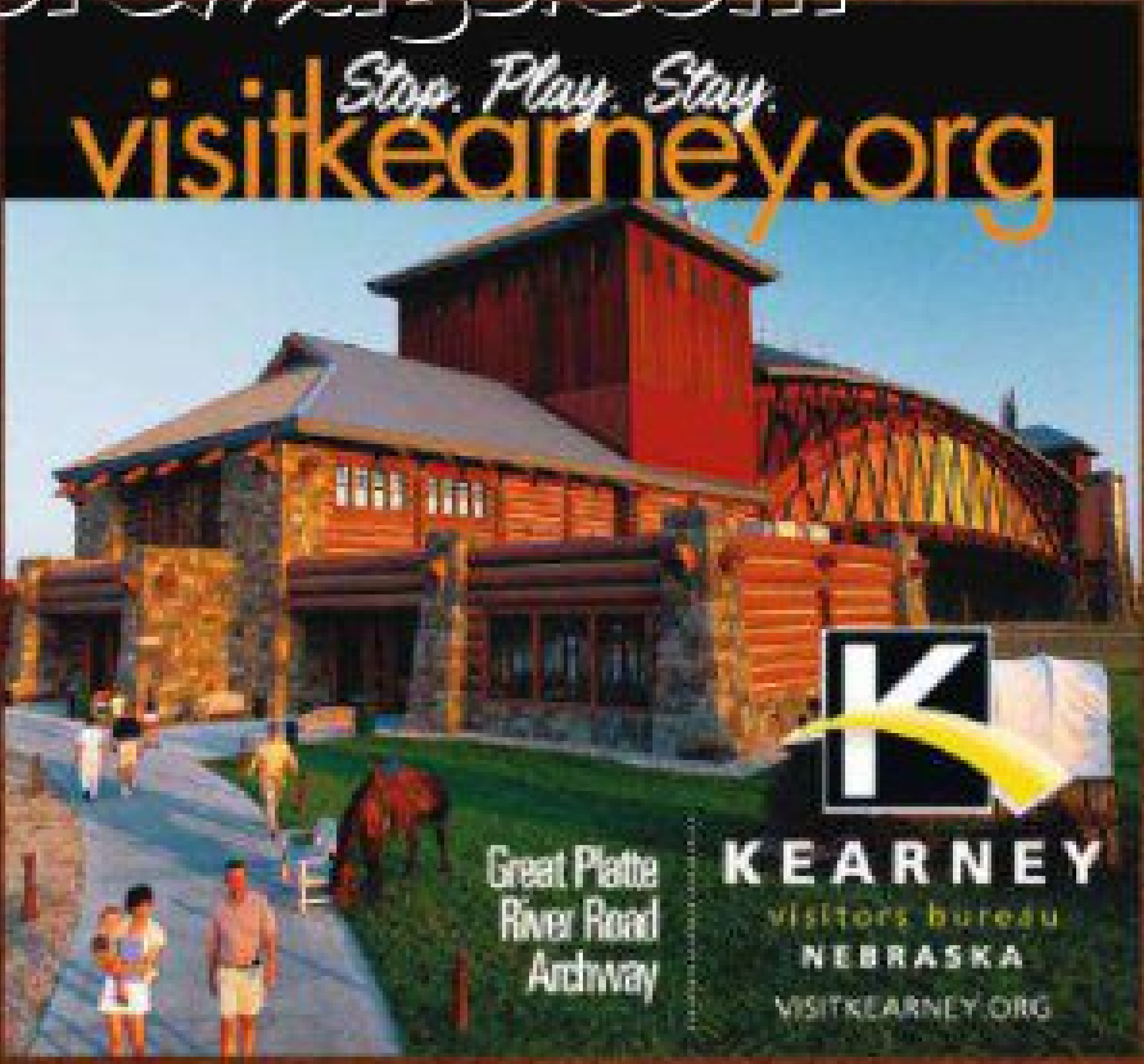
Don't let diabetes control you! This May, *Reader's Digest* is bringing you an essential guide to diabetes management with sensible, practical ways to adjust your eating habits, stay active, keep your blood sugar stable and live life on your terms.


Reader's Digest
reverse
Diabetes
YOUR TOTAL GUIDE TO BLOOD SUGAR CONTROL
yes You Can!
Have great meals, enjoy dessert AND lower your blood sugar
100 NO SACRIFICE WAYS TO CUT CALORIES
THE DIABETES WONDER DRUG
25 CARB-SMART RECIPES
LOSE
Bicycle
special report
FIX YOUR DIET! WITH THE GLYCEMIC LOAD
WHAT IT IS AND HOW TO USE IT



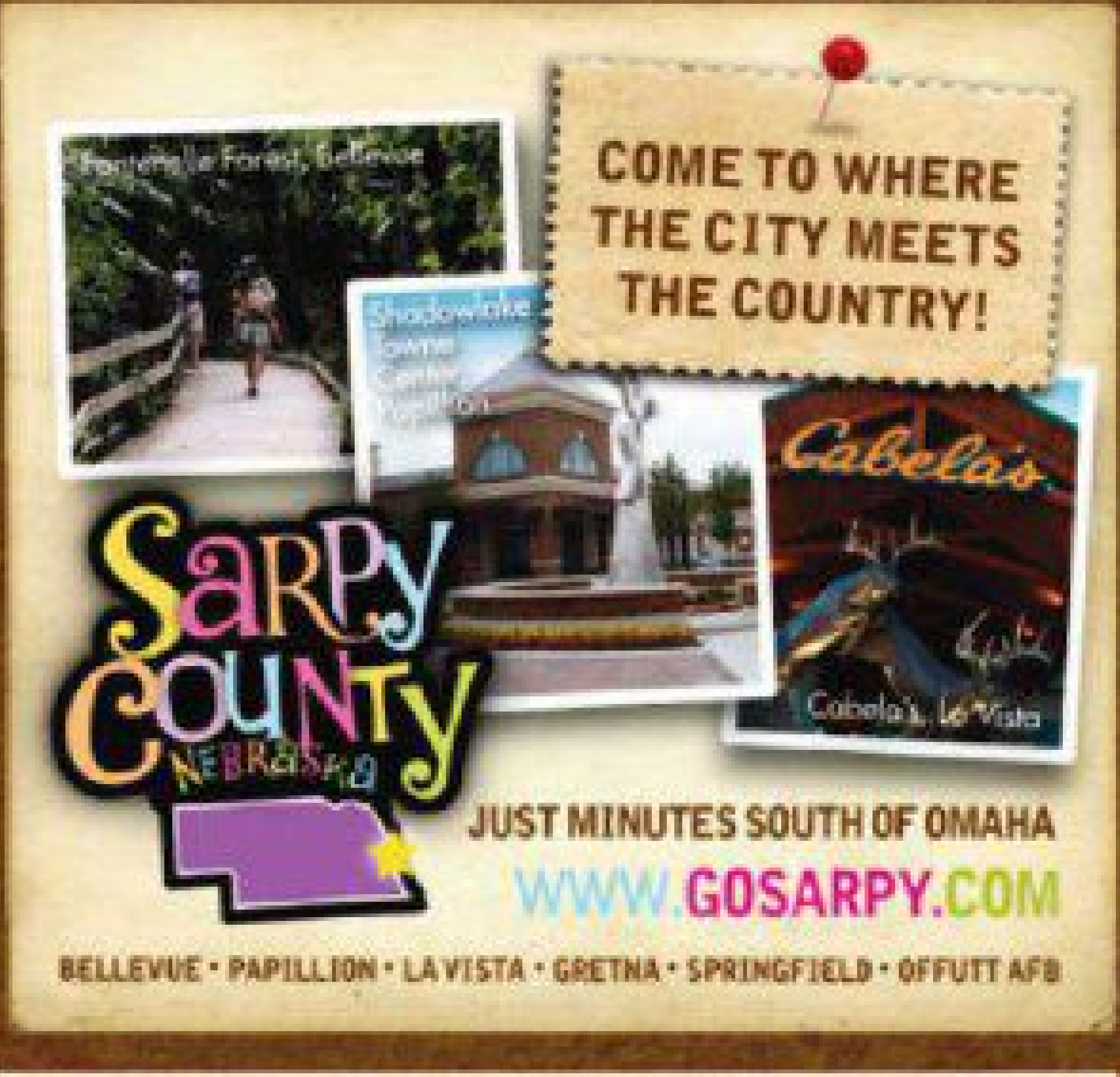
Reader's
Digest

REDISCOVER THE **ROAD TRIP** IN NEBRASKA.


Stop. Play. Stay.
visitkearney.org
Great Platte River Road Archway
KEARNEY
visitors bureau
NEBRASKA
VISITKEARNEY.ORG

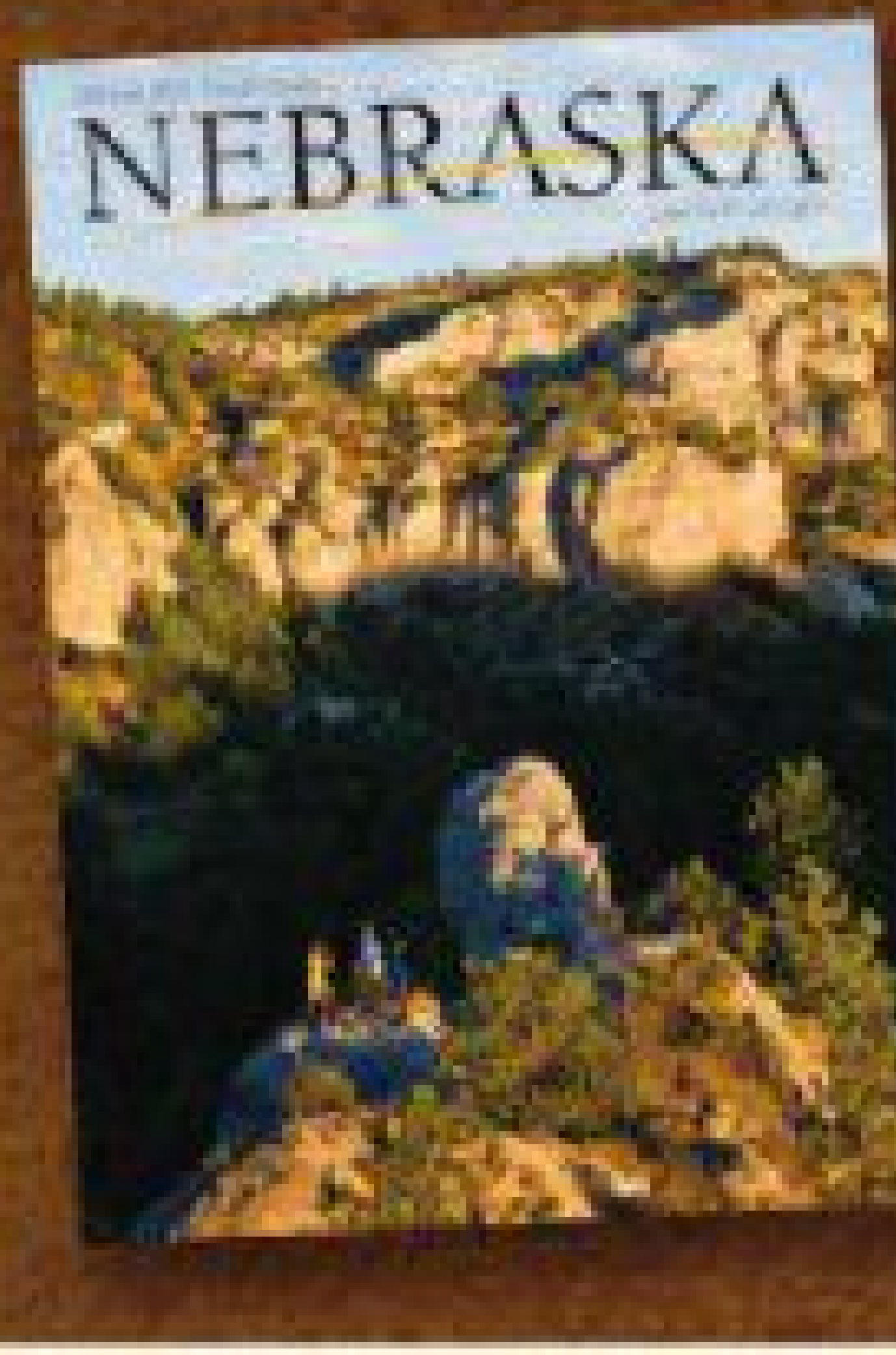
Omaha's Favorite Family Destination.
OMAHA'S HENRY DOORLY ZOO®
omahazoo.com

Festivals, Recreation, History
Take your pick.
NebraskaCity.com
800-514-9113
Nebraska City
SYRACUSE and the communities of OTOE COUNTY


COME TO WHERE THE CITY MEETS THE COUNTRY!
Fontenelle Forest, Bellevue
Shadowlake Towne Center Papillion
Cabela's
Cabela's, La Vista
SARPY COUNTY NEBRASKA
JUST MINUTES SOUTH OF OMAHA
WWW.GOSARPY.COM
BELLEVUE • PAPILLION • LA VISTA • GRETNA • SPRINGFIELD • OFFUTT AFB

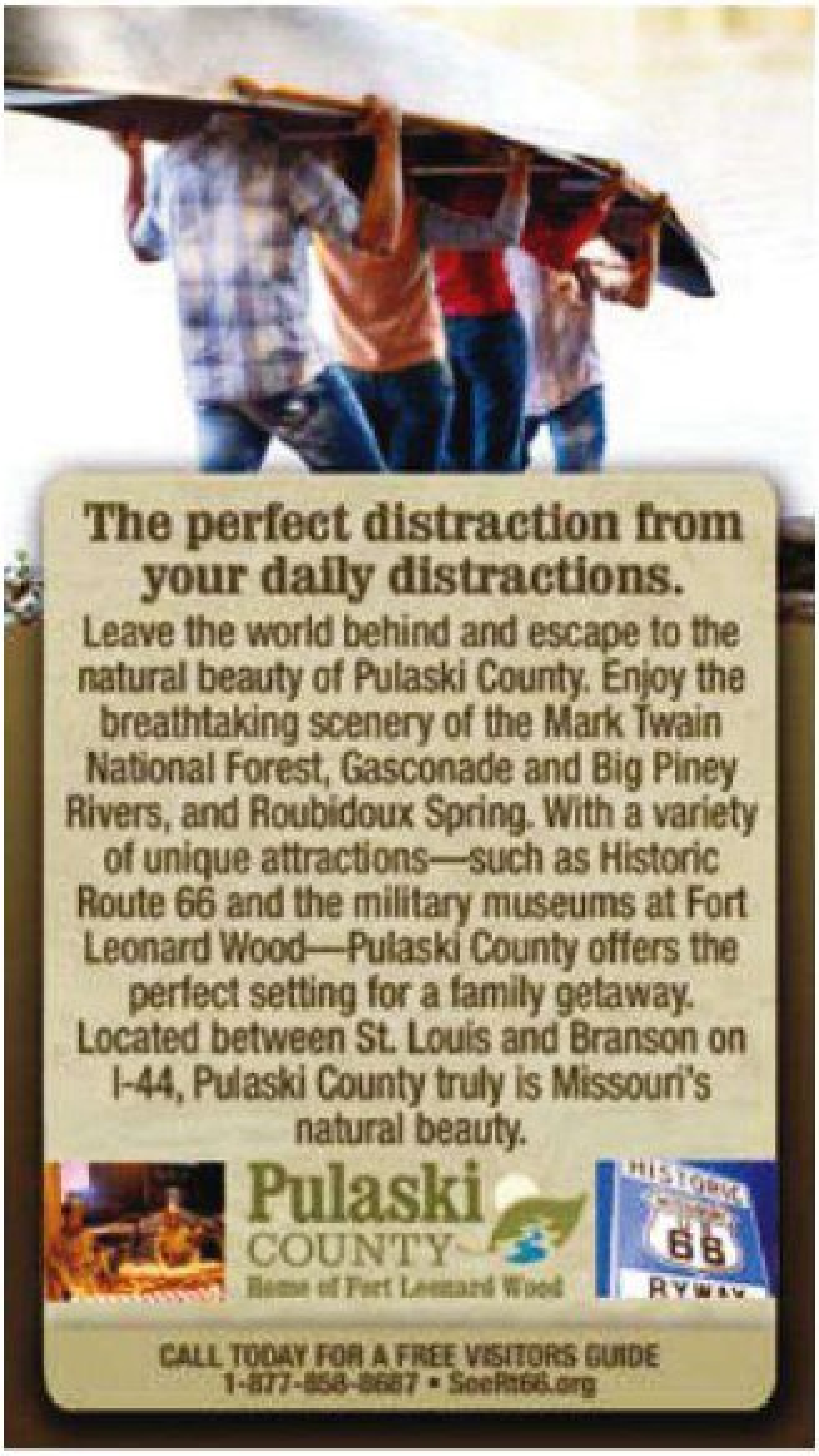
Add a little splash to your next family vacation...
Call for a FREE Visitors Guide: 800-658-3178
VisitGrandIsland.com

Begin the journey by ordering your free travel guide today.


NEBRASKA
possibilities...endless℠
VisitNebraska.gov
888-444-1867, Dept. IRDC
Nebraska Department of Economic Development's Travel and Tourism Division

FAMILY
Adventures

Pulaski County



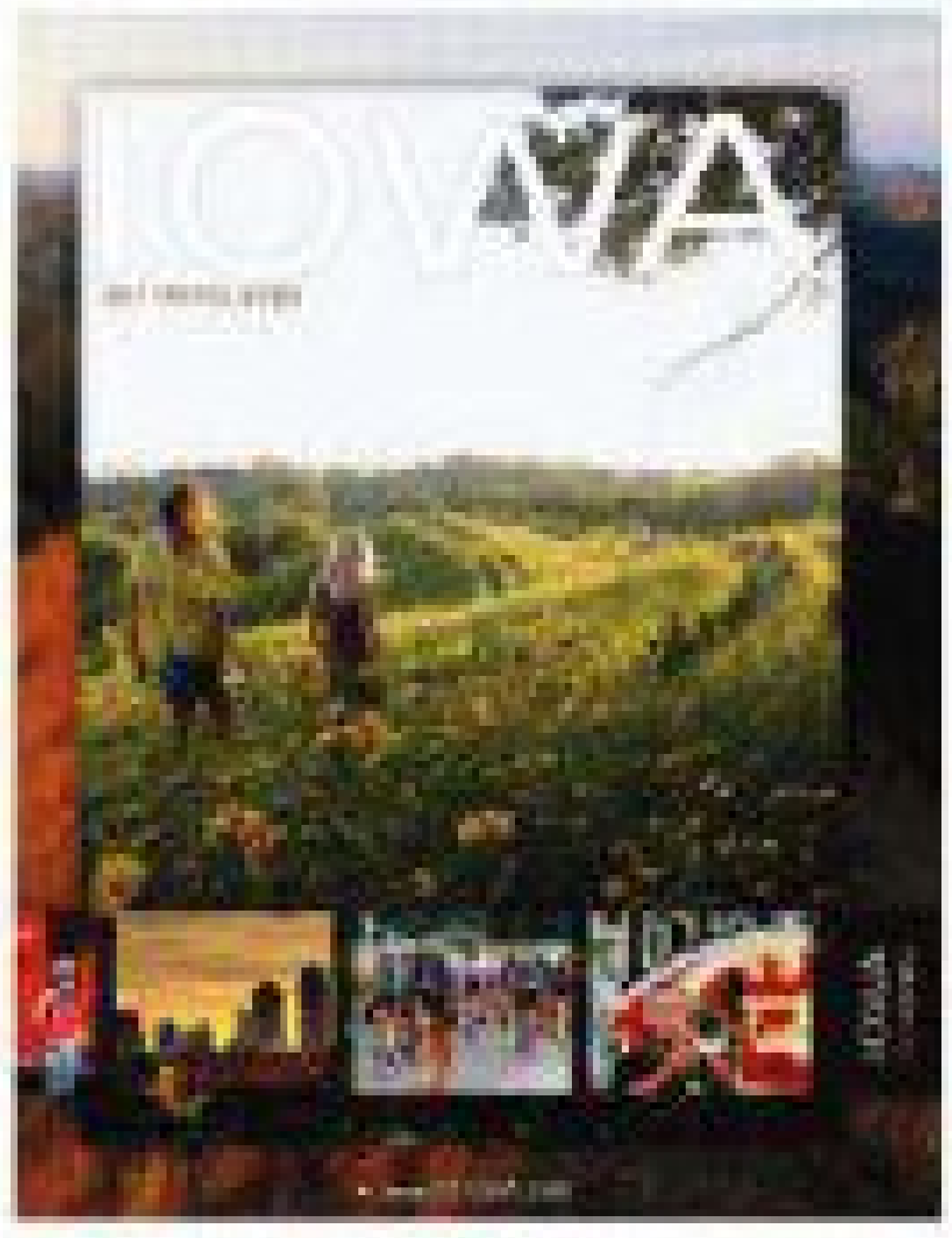
The perfect distraction from your daily distractions.

Leave the world behind and escape to the natural beauty of Pulaski County. Enjoy the breathtaking scenery of the Mark Twain National Forest, Gasconade and Big Piney Rivers, and Roubidoux Spring. With a variety of unique attractions—such as Historic Route 66 and the military museums at Fort Leonard Wood—Pulaski County offers the perfect setting for a family getaway. Located between St. Louis and Branson on I-44, Pulaski County truly is Missouri's natural beauty.

Pulaski
COUNTY
Home of Fort Leonard Wood

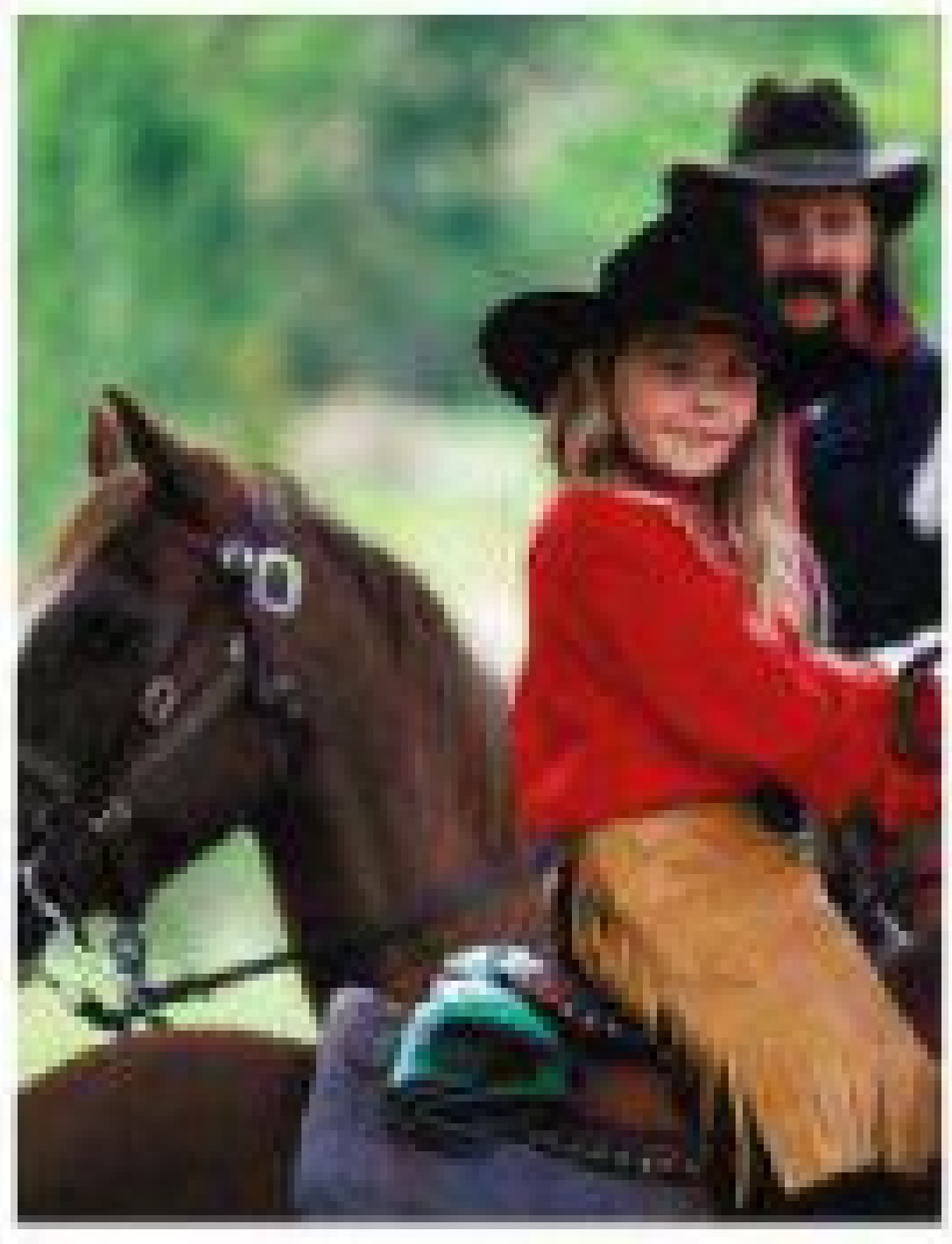
CALL TODAY FOR A FREE VISITORS GUIDE
1-877-858-8687 • SeeRt66.org

Iowa



Everything you need to plan a great trip — two FREE NEW publications: Iowa Travel Guide — all about attractions, adventures and accommodations — and Iowa Map. Visit **traveliowa.com** to order them today.

Gold West

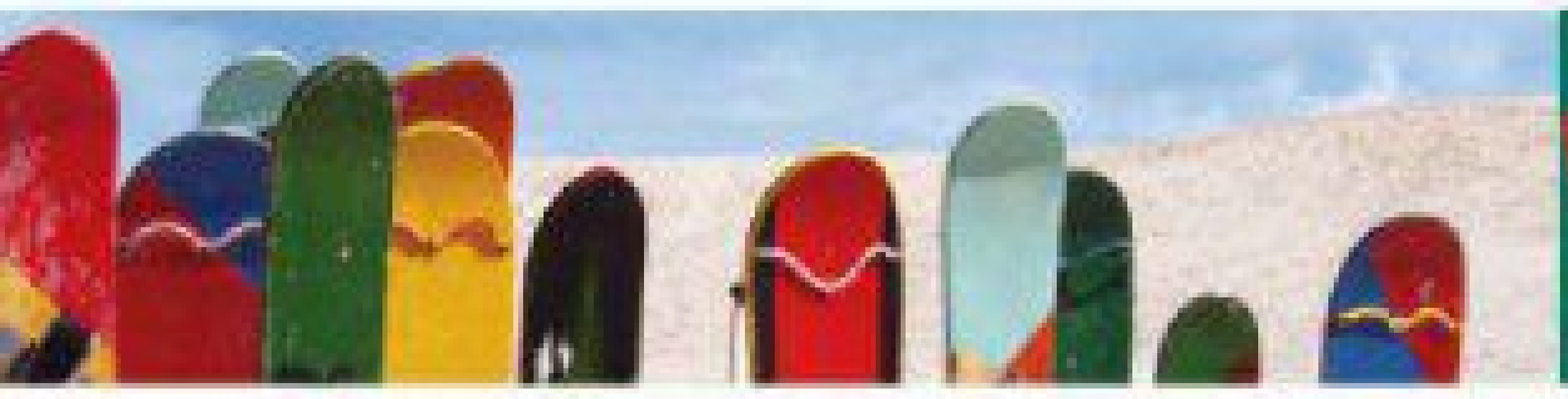


Pan for gold. Experience life as a cowboy. Walk in the footsteps of Indians. Catch trout. The Montana family vacation of your dreams is waiting in Gold West Country. **goldwest.visitmt.com** or **1-800-879-1159 ext. 106**.

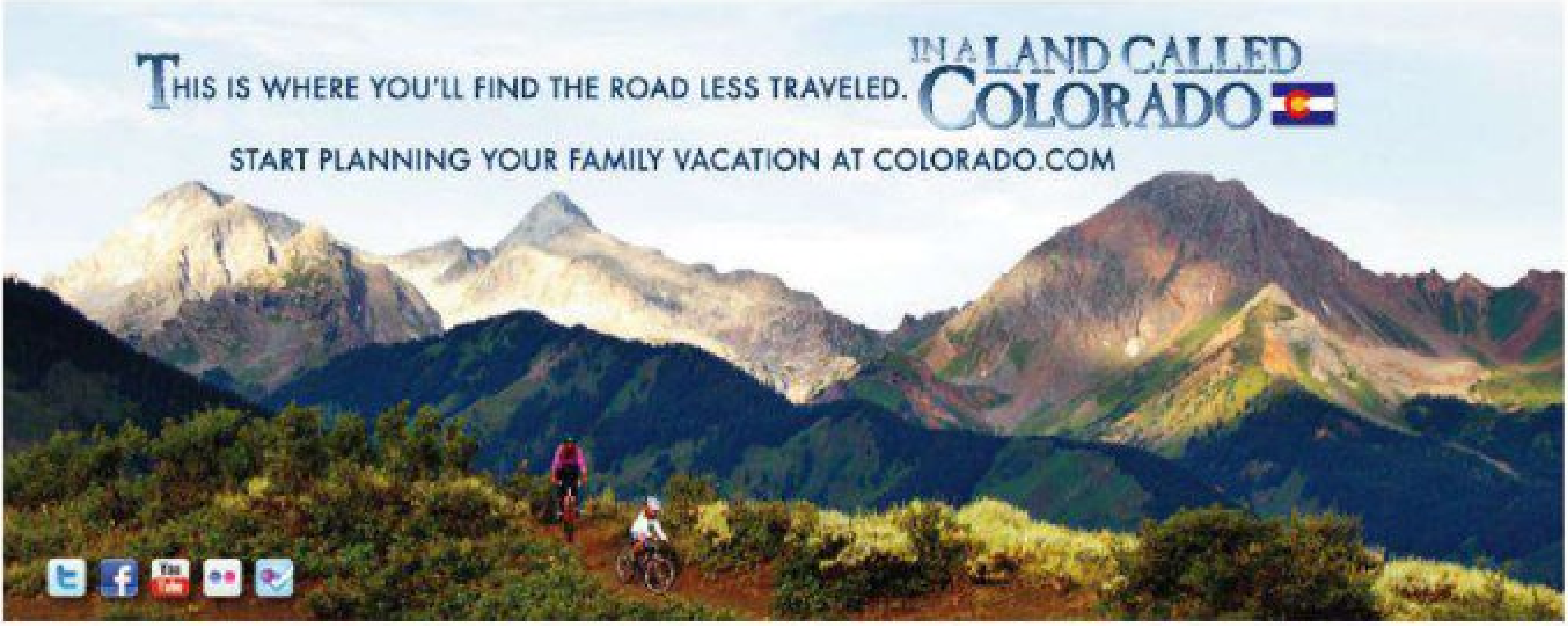
Estes Park, Colorado

Give them a peak experience they can actually climb! Enjoy Estes. It's your Rocky Mountain National Park. Easy. Accessible. Unforgettable. 90 minutes from Denver. 100s of reasons to stay. **VisitEstesPark.com/rd** or call **1-800-44-ESTES**.

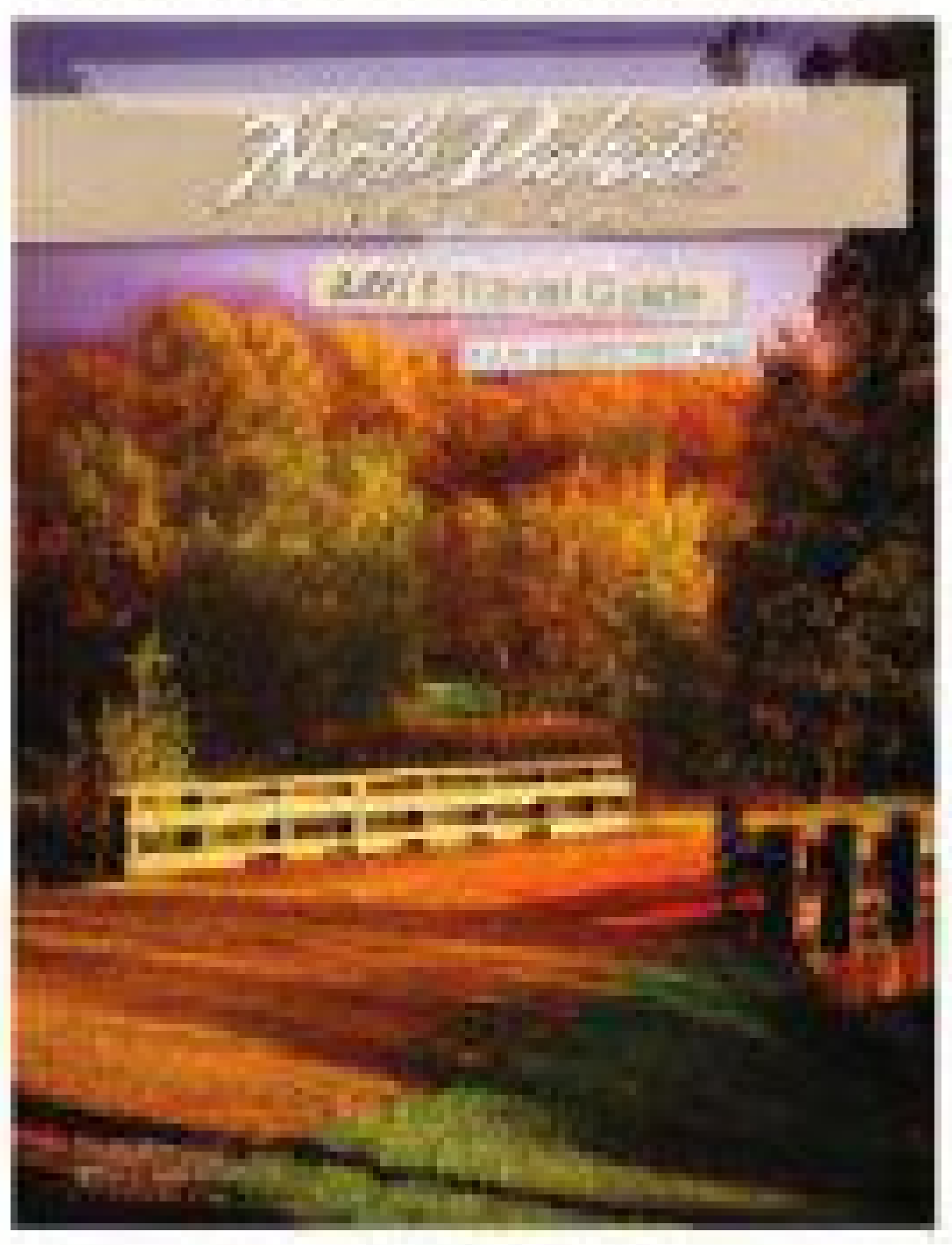
Advertisement



FAMILY Adventures


THIS IS WHERE YOU'LL FIND THE ROAD LESS TRAVELED.
IN A LAND CALLED COLORADO
START PLANNING YOUR FAMILY VACATION AT COLORADO.COM

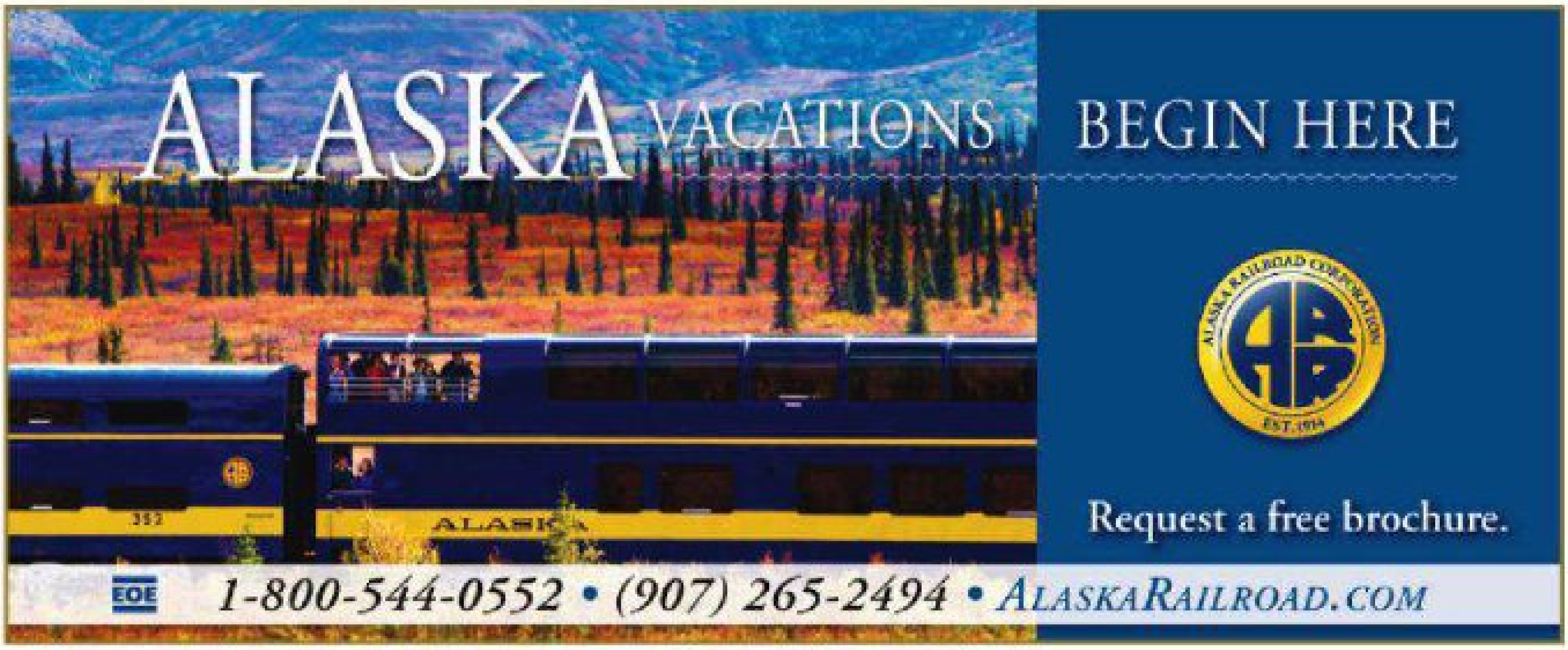
North Dakota


North Dakota
Travel Guide

RU Legendary? We bet you are! Visit North Dakota to find your inner legend. Get a FREE North Dakota Travel Guide and share your story! Visit **RULegendary.net** or call **1-800-435-5663**.

Beaches of Fort Myers & Sanibel

Discover Florida's unspoiled island retreat. Enjoy our unhurried pace, exotic wildlife and pristine white-sand beaches. The perfect sanctuary for families to reconnect and refocus on what's really important in life; each other. Visit **www.FortMyers-Sanibel.com** or call **1-888-231-0325**.


ALASKA VACATIONS
BEGIN HERE
ALASKA RAILROAD CORPORATION
EST. 1914
ALASKA
Request a free brochure.
EOE
1-800-544-0552 • (907) 265-2494 • ALASKARAILROAD.COM

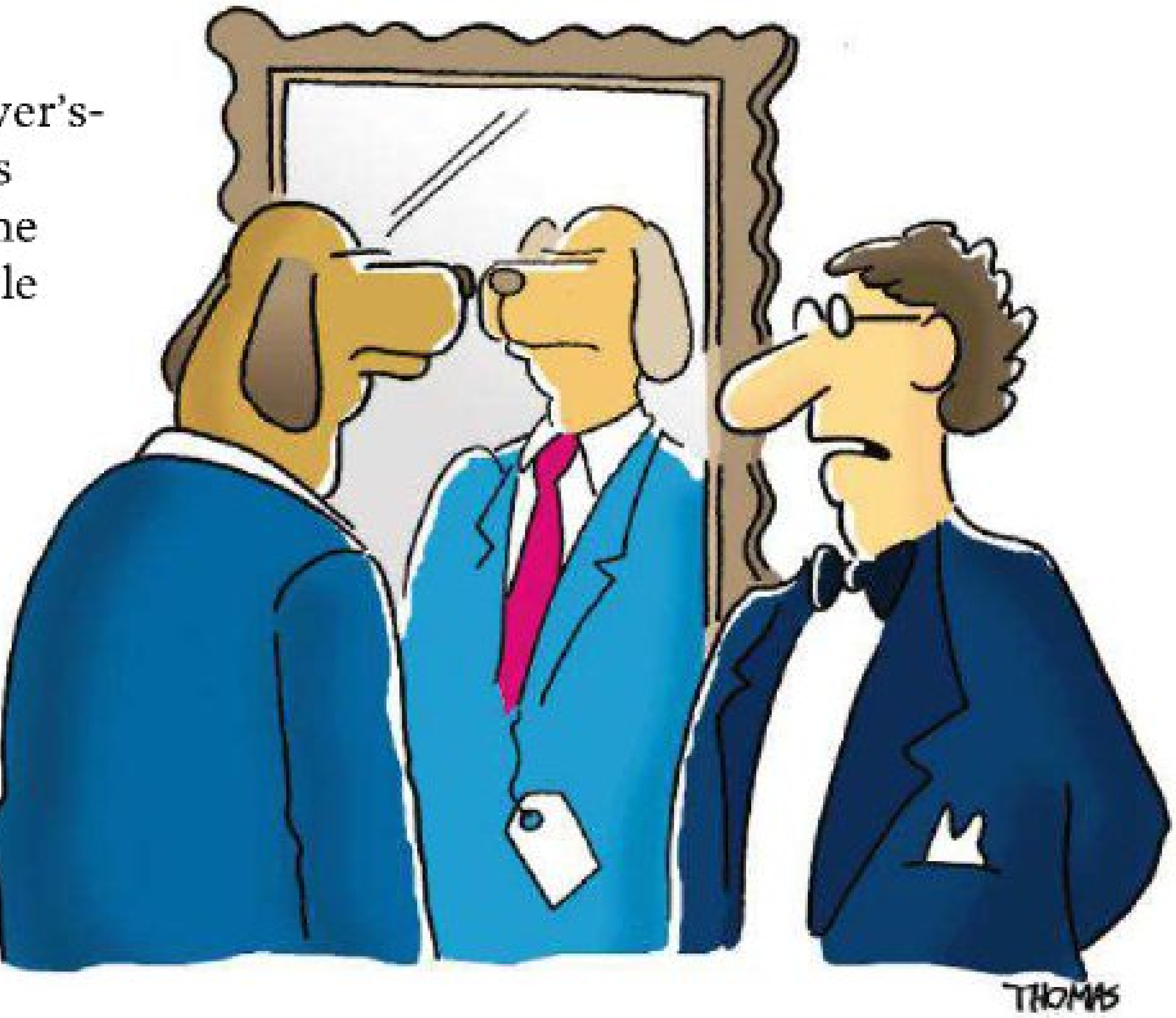
FAMILY Adventures **FOR MORE INFORMATION VISIT RD.COM/TRAVEL**

@Work

As I quizzed my driver's-education students about road signs, the one for Slow Moving Vehicle stumped them. So I offered them a hint by lifting the sign above my head and slowly parading up and down the room. One student thought he had it:

"Wide load!" he called out.

Vern Pinnt, Yuma, Arizona



"This suit says, 'I'll no longer be getting your newspapers.'"

Page-Turners

In some quarters, bookstores may be considered dinosaurs, but odd customers are evergreen, as these requests to bookstore clerks prove.

- "Can you tell me who the author of Shakespeare is?"
- "I'm looking for a book, but I only know the title, not the author. It's called Dante's *Inferno*."
- "I definitely don't want nonfiction. I like autobiographies and history."
- "Do you have Shakespeare in English?"

From Shelf Awareness

A customer called our service line demanding help with her TV set, which wouldn't come on.

"I'm sorry, but we can't send a technician out today due to the blizzard," I told her.

Unsatisfied, she barked, "I need my TV fixed today! What else am I supposed to do while the power is out?!" *Arielle Mobley,* Crestview, Florida

An elevator in our office building is frequently out of order. The last time, maintenance posted a sign that summed up the situation: Elevator Closed for Temporary Repairs. *Terri Crudup,* Haslet, Texas

I work in a courthouse, so when I served jury duty, I knew most of the staff. As I sat with other

ILLUSTRATED BY BILL & BOB THOMAS

@ Work in the News

Oddest Typo A bilingual road sign in Wales caught bikers off guard. The English part read Cyclists Dismount. The Welsh: *Llid Y Bledren Dymchwelyd*, or "Bladder disease has returned." One theory for the mistake—instead of typing *cyclist* into an online translation program, someone typed *cystitis*.

Oh, the Irony Last October, Baltimore handed out its first citation to a restaurant for repeated violations of the city's trans-fat ban. The name of the eatery: Healthy Choice. Source: WBAL-TV

It's All the Rage To show his appreciation, a newly hired Japanese office worker bought his boss chocolates. But when he found the box unopened, the insulted worker went ballistic, destroying 22 computers. "I wish the company president had cared a little more," the employee's lawyer said. Source: (Sydney, Australia) *Daily Telegraph*

prospective jurors listening to a woman drone on about how long the process was taking, a judge and two lawyers passed by, giving me a big hello. A minute later, a few maintenance workers did the same.

That set off the malcontent: "Just how long have you been serving jury duty?" *Kathleen Derby Sturdivant,* San Diego, California

You Can Win $25,000!

Send us your funny stories, jokes, quotes, and news items to enter the $25,000 sweepstakes. **Plus,** if we run your item in a print edition of *Reader's Digest*, **we'll pay you $100.**

> To enter sweepstakes (with or without a joke) and for official rules, go to readersdigest.com/jackpot or send your submission or entry to:
The $25,000-Winner-Take-All Prize (#122),
Box 946, Newburgh, New York 12550.

No purchase necessary to enter or win. Sweepstakes closes 2/17/12. Open to U.S. residents. Rates subject to change.

What's Up, Doc?

Mark Twain warned: "Be careful about reading health books. You may die of a misprint." The same can be said for these English-challenged notes doctors wrote on patient charts:

- "The patient is married but sexually active."
- "When standing with eyes closed, he missed his right finger to his nose and has to search for it on the left side."
- "She does indeed have a fear of frying and mental problems that she attributes to deep-fat fryers."
- "The patient is a 53-year-old police officer who was found unconscious by his bicycle."
- "Her father died from a heart attack at age 12."

From *S Is for Stupid,* by Leland Gregory (Andrews McMeel)

I need it in the middle of the night.
I want it now.
MidNite PM
MidNite

Promotes Healthy Sleep and Manages Minor Pain**

Promotes Healthy Sleep

Take MidNite Any Time of Night... Wake Alert!

*Taken before bed or in the middle of the night, you'll get to sleep fast and wake without grogginess**

***America's #1 Drug Free Sleep Remedy*†**

Not habit forming

GOOD HOUSEKEEPING

Always follow usage instructions | § See product label for full usage instructions. Allow a minimum of 3 hours for sleep.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†Based on IRI Sales Data ending 1/23/11 **For occasional pain such as muscle pain from exercise. DIETARY SUPPLEMENT

MANUFACTURER'S COUPON | EXPIRATION DATE 10/31/11

SAVE $1.00

on one (1) package of MidNite or MidNite PM

RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Invoices proving purchases of sufficient stock to cover presented coupons must be shown on request. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value 1/20¢. Reproduction of this coupon is expressly prohibited. Mail to: Concepts In Health, Inc., CMS Dept #88901, One Fawcett Drive, Del Rio, TX 78840

0188901000-000211

QUESTIONS?
Visit: **www.midnitesleep.com**

5 88901 00076 8

Around the World
WITH ONE QUESTION

How Often Do You Eat a Meal with Your Family?

For all the talk about families growing increasingly busy globally, most respondents in 15 out of 16 countries say they sit down for a meal with their family more than five times a week. That's good news for parents, since studies say dining frequently with loved ones can create better dietary habits and reduce stress. It's good news for their kids, too, who reportedly do better in school and are less likely to smoke or use drugs when they dine en famille. Russia was the only country in our poll to buck the trend of breaking bread on a regular basis.

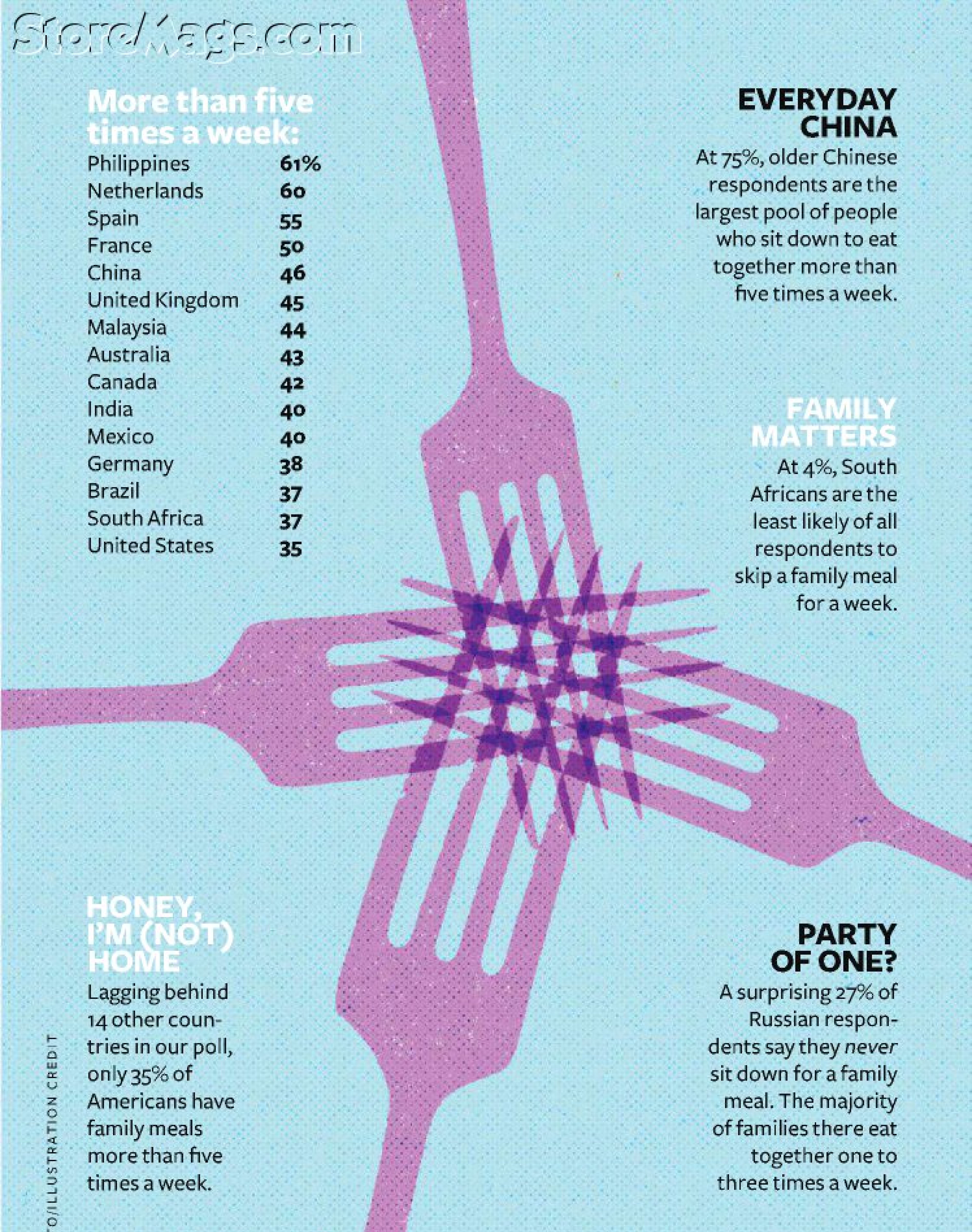
> We always eat dinner together, even if it's fast food. My dad always said a family that eats together stays together.
>
> *Diane Hatch-Coats, 31,* Clayton, North Carolina

> I wish we could [eat together] more often, but it is impossible. My husband returns from work very late.
>
> *Alyona Vologina, 34,* Moscow, Russia

> In our busy schedules, eating together is a resting point. We lay the table and take our time to eat, talk, and enjoy the food.
>
> *Edith Hoppers, 59,* Nieuw-Bergen, Netherlands

IPAD EXTRA **To see how different countries answer our question, download the *Reader's Digest* magazine app from the iTunes Store.**

ILLUSTRATED BY DAN PAGE



More than five times a week:

Philippines	61%
Netherlands	60
Spain	55
France	50
China	46
United Kingdom	45
Malaysia	44
Australia	43
Canada	42
India	40
Mexico	40
Germany	38
Brazil	37
South Africa	37
United States	35

EVERYDAY CHINA

At 75%, older Chinese respondents are the largest pool of people who sit down to eat together more than five times a week.

FAMILY MATTERS

At 4%, South Africans are the least likely of all respondents to skip a family meal for a week.

HONEY, I'M (NOT) HOME

Lagging behind 14 other countries in our poll, only 35% of Americans have family meals more than five times a week.

PARTY OF ONE?

A surprising 27% of Russian respondents say they *never* sit down for a family meal. The majority of families there eat together one to three times a week.

PHOTO/ILLUSTRATION CREDIT

Ask ? Laskas

JEANNE MARIE LASKAS

On a recent trip to Lake Tahoe with two girlfriends, I discovered how much fun gambling can be. We all had a blast taking turns at the slot machine and ended up winning $200, which we agreed to split. Three weeks later, the gal who was holding the prize money has decided she's entitled to the entire amount "because it was her $5 that won it." I'm trying not to blow this out of proportion, but I'm more than a little miffed! Should I consider it a learning experience or tell her how I really feel? Low Roller

Dear Low,
Wow, Miss Greedy Pants sure took the fun out of that party. Don't let her greed infect you. It's one of the risks of gambling, and it got her. Give her one round of "That's not cool," and let it go. It's not worth the few bucks or the friendship. File it under Will Not Do That Again.

My first marriage lasted *17 years and produced four fine children: two girls, then two boys. Many years later, I learned that my wife had affairs during the latter part of our marriage. I have reason to believe that the second boy, now almost 30, is not my biological son. Should I tell him and suggest we get our DNA tested?* Curious Dad

Dear Curious,
Why on earth would you do that to your son? Okay, so you're still really mad at your ex, and you want confirmation that

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.

ILLUSTRATED BY ISTVAN BANYAI; FRANK VERONSKY

she's some sort of villain. But risking a relationship with your son by questioning his paternity will do nothing to rid you of your resentment. It will only hurt your son. You are that boy's father; you have been his father his entire life. Find another way to express your indignation.

▶ **There's a girl at work** *who sniffles all day long. It drives me crazy. A couple of months ago, she had a serious cold, and I suggested she take an antihistamine. She told me she just wants "to let things run their course." She doesn't like taking anything and won't use tissues to blow her nose! I want to leave a box of tissues on her desk, but I know she'll ask if I did, and I couldn't lie. Suggestions?* Can't Take It

Dear Can't,
If you felt it was okay to suggest she take pills for her cold, it seems it would be okay to give Sneezy a box of tissues and wish her a speedy, and quieter, recovery.

▶ **During a recent** *teachers-only school day, I walked into the classroom of the high school's head soccer coach (I'm an assistant coach). In the corner, he and a senior girl were in deep embrace, arms all over each other and kissing passionately. Before they noticed me, I quickly backed out of the room and didn't walk back in until I was sure they had stopped. This man is 35 years old and married with a child. Should I keep this to myself or tell someone?* Appalled

Dear Appalled,
Whoa! Drop everything and march into the principal's office and report the incident immediately. Not blowing the whistle on the coach is akin to being an accessory to the crime; as a school employee, you are responsible for reporting this misconduct and abuse. A child is being exploited. For the sake of kids everywhere, you have a duty to put a stop to it.

Life's Little Etiquette Conundrums

▶ **I want to invite our daughter's friend to vacation with us this summer, but I'm worried about our budget. Should we pay for everything?**

If money wasn't an issue, you could pay for everything—otherwise the invitation wouldn't be an invitation so much as a ... travel opportunity. Talk to the friend's parents. (Before you talk to the girls! This is a parent-to-parent transaction.) Tell them you'd love to take their daughter along on your family vacation, but your budget doesn't allow you to foot the entire bill. Ask about splitting specific costs. If they aren't willing or can't afford it, no harm. And no need to mention the abandoned idea to the girls.

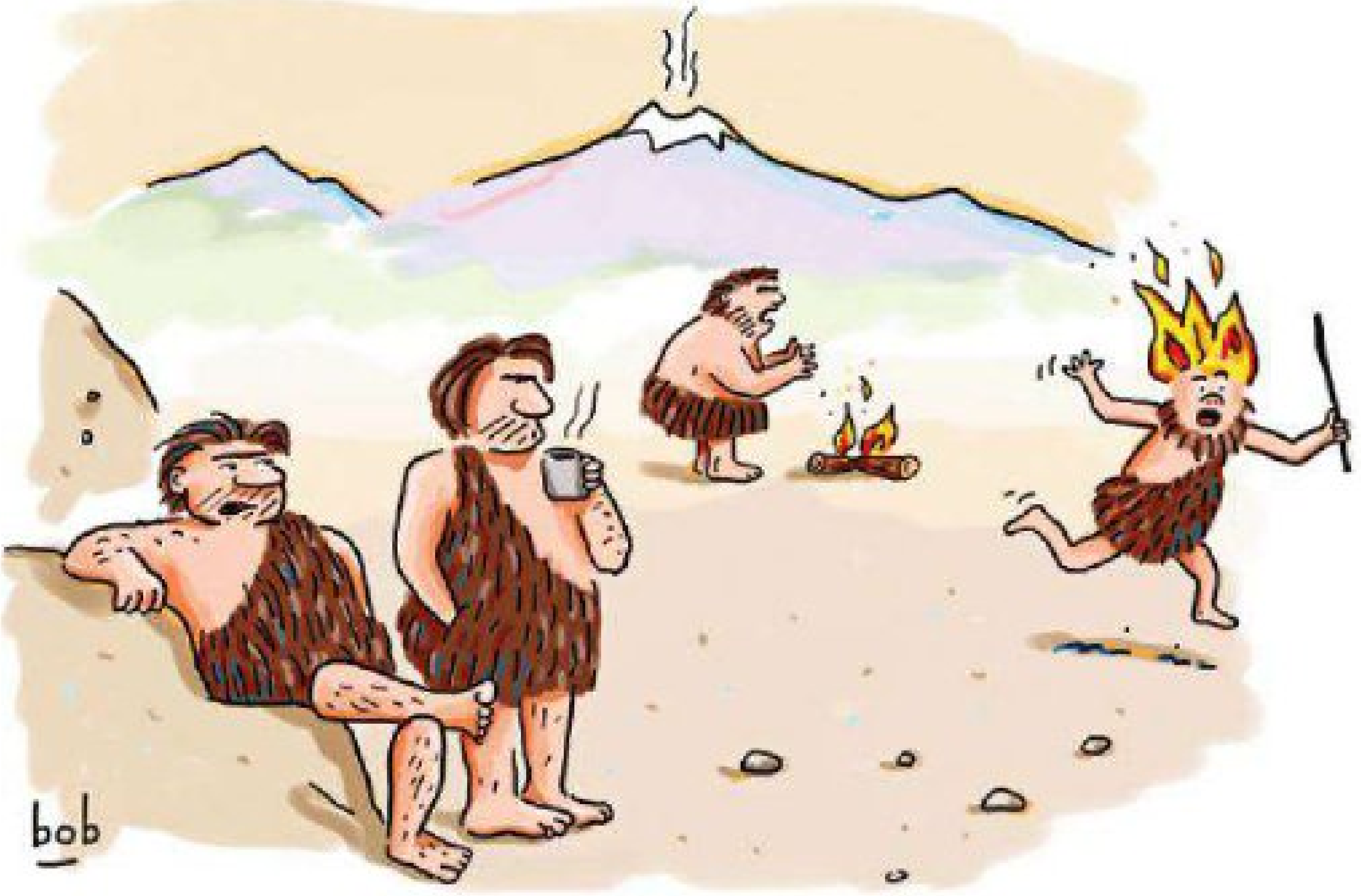
Send questions about manners, parents, partners, or office politics to advice@readersdigest.com. Sending gives us permission to edit and publish.

Life's Funny That Way

As church secretary, I prepare the bulletin for each week's services.

One Sunday morning, I heard snickering from the pews. Quickly grabbing the bulletin, I found the cause. The sermon title for that day was: "What Makes God Sick: Pastor Joe Smith."

Deanne Bland,
Cape Girardeau, Missouri



"I'm waiting for them to work out the bugs."

Life 101

Experience is a great teacher, especially if it's someone else who's learning from his mistakes. These examples were sent to learnfrommyfail.failblog.org:

- "When holding a DVD in one hand and food in the other, remember which hand has what when you take a bite."
- "When running errands where one stop involves going to a bank and one involves dropping off a firearm, drop off the firearm first."
- "If you're prone to impulse purchases, stick to shoes, not tattoos."
- "When attending a funeral, never clap after the eulogy, regardless of how meaningful and heartfelt it was."

After we had lunch with another couple, the women went shopping, and the men opted to go sailing. Bad decision—a storm blew in while we men were out on the water.

Making matters worse, the tide had gone out, grounding the boat. We had to climb overboard and shove it back into deep water.

As my friend

After I was widowed, I moved to Wales. My neighbor asked me where my husband was. "He's gone to a better place," I said. She looked amazed. "Better than Wales?"

Wendy Freeman, Llangaffo, Wales

ILLUSTRATED BY BOB ECKSTEIN

stood there—ankles deep in muck, muscles straining against the weight of the boat, and rain pelting his face—he grinned broadly and with unmistakable sincerity said, "Sure beats shopping!"

Bob Meyerson, West Palm Beach, Florida

My five-year-old nephew has always happily answered to BJ. That ended when he came home from his first day of school in a foul mood. It seems his teacher took roll, and he never heard his name.

"Why didn't anyone tell me my name was William!?" he complained.

Greg Clauser, Grayslake, Illinois

Scene: Playground

A young girl is reading a book about knights.

Girl: What does our family crest look like, Mommy?

Mom: Poor people being crushed by a boot.

From overheardinnewyork.com

I'd just sat down at a Manhattan diner when I noticed schav on the menu. Since I hadn't had a bowl of the cold, sour soup in quite a while, I ordered some.

"We don't have it today," said the waitress.

"Oh, you have it only on certain days?" I asked.

"No, we never have it."

I was confused. "Then why is it on the menu?"

"Oh," she said with a shrug, "some people like it."

Joel Cohen, Staten Island, New York

Dad arrived promptly at 9:30 for his appointment with the proctologist. An hour and a half later, he finally saw the doctor. Afterward, the doctor gave him this advice: Avoid sitting for a long time.

Dad grumbled, "The only time I do that is when I come here for an appointment."

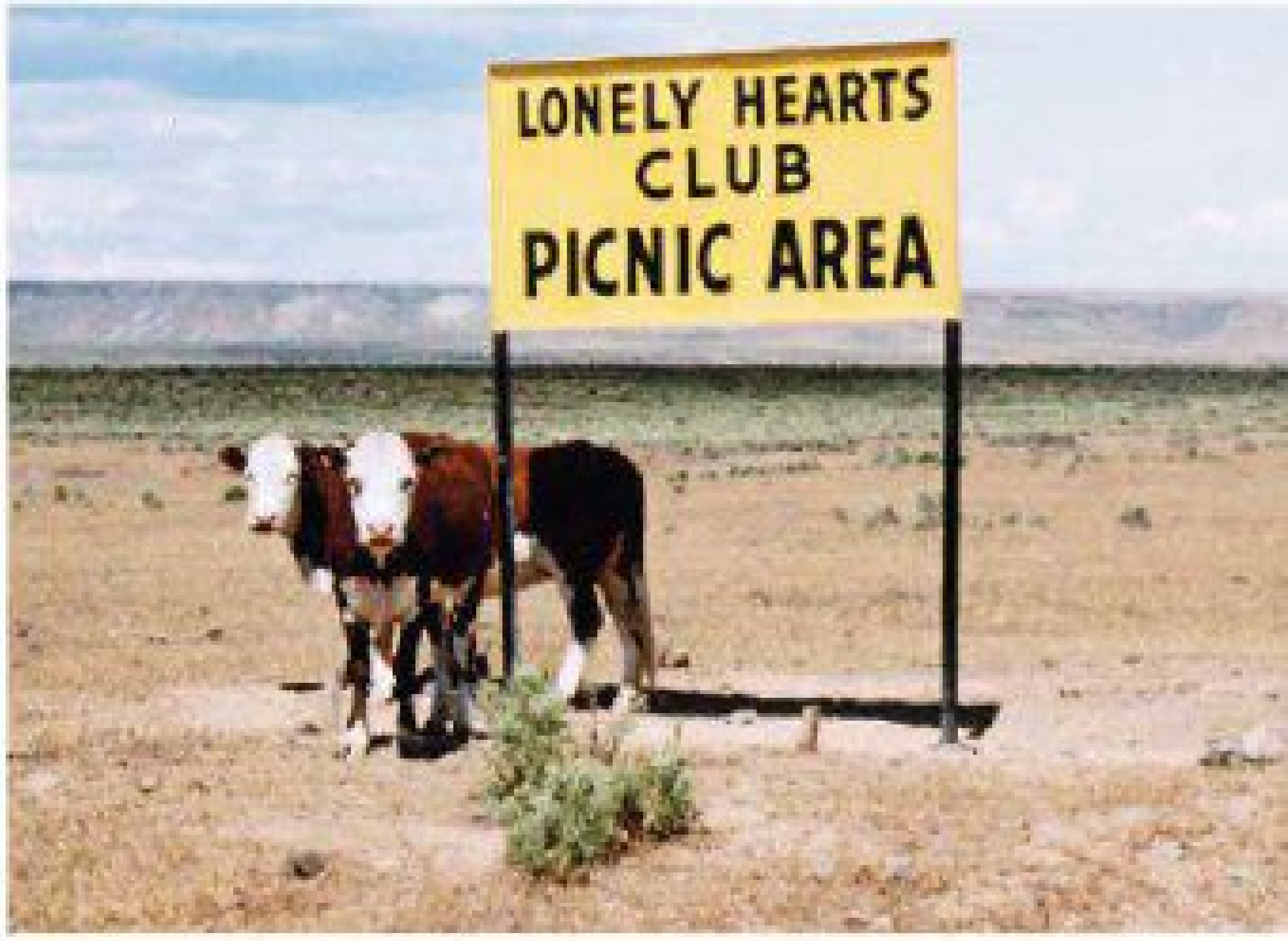
Mark Goulding, Sharon, Connecticut

Not everyone has mastered the art of texting. Case in point:

Mom: Stop at dollar store on way home and get lunch maggots.
Me: Lunch maggots?
Mom: Baffles.
Mom: Baggies.
Mom: Ziploc lunch Baggies.
Mom: Spell-check is not helping me.
Mom: By the way, this is Dad.

From whenparentstext.com

COWABUNGA!



Spotted near Twin Falls, Idaho; submitted by *Bonnie Tucker,* Lacey, Washington

Your favorite new joke, funny anecdote, or crazy news story might be worth $$$. See page 74 for details.

ARE YOU KIDDING YOURSELF?

IF YOU STILL HAVE HIGH CHOLESTEROL, YOU MAY BE IN DEEPER WATER THAN YOU THINK.

INDICATION:
LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL ("bad" cholesterol) and triglycerides in your blood. It can raise your HDL ("good" cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking or high blood pressure.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

© 2011 Pfizer Inc. All rights reserved. LPP04093B

The fact is, high cholesterol is a serious condition in both women and men. If you haven't lowered your high cholesterol enough, it's time to stop kidding yourself.

When healthy diet and exercise are not enough, adding Lipitor may help:

- Along with diet, Lipitor has been shown to lower bad cholesterol 39% to 60% (average effect depending on dose).
- Lipitor has been extensively studied with over 18 years of research and is backed by over 400 ongoing or completed clinical studies.
- More than 20 million people have been prescribed Lipitor.

Talk to your doctor about your risk and about Lipitor. Learn more at lipitor.com or call 1-888-LIPITOR (1-888-547-4867).

IMPORTANT SAFETY INFORMATION:
LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain and changes in some blood tests.

Please see additional important information on next pages.

LIPITOR®
atorvastatin calcium
tablets

DON'T KID YOURSELF

Find out more at lipitor.com

StoreKags.com

IMPORTANT FACTS

LIPITOR atorvastatin calcium tablets (LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at www.americanheart.org.

WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems.** Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Call your doctor right away if you have:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Feeling more tired than usual
- Allergic skin reactions
- Brown or dark-colored urine
- Your skin and the whites of your eyes turn yellow

Common side effects of LIPITOR are:

- Diarrhea
- Muscle and joint pain
- Upset stomach
- Changes in some blood tests

HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to **www.lipitor.com** or call **1-888-LIPITOR**.

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

Pfizer helpful answers®

Rx only

Manufactured by Pfizer Ireland Pharmaceuticals, Dublin, Ireland

© 2009 Pfizer Ireland Pharmaceuticals All rights reserved.

Printed in the USA.

Distributed by Parke-Davis, Division of Pfizer Inc.
New York, NY 10017 USA
June 2009

BEST of A

Overdue for an uplifting road trip?

Join us on our annual high-points-only tour of this great land. We'll explore places of **extraordinary** natural beauty and drop in on our most **inspired** inventors, educators, artists, and athletes—including a Little League pitcher whose knuckleball has already earned her a spot in the Baseball Hall of Fame—in this, our biggest-ever **celebration of all that's right and good in America.**

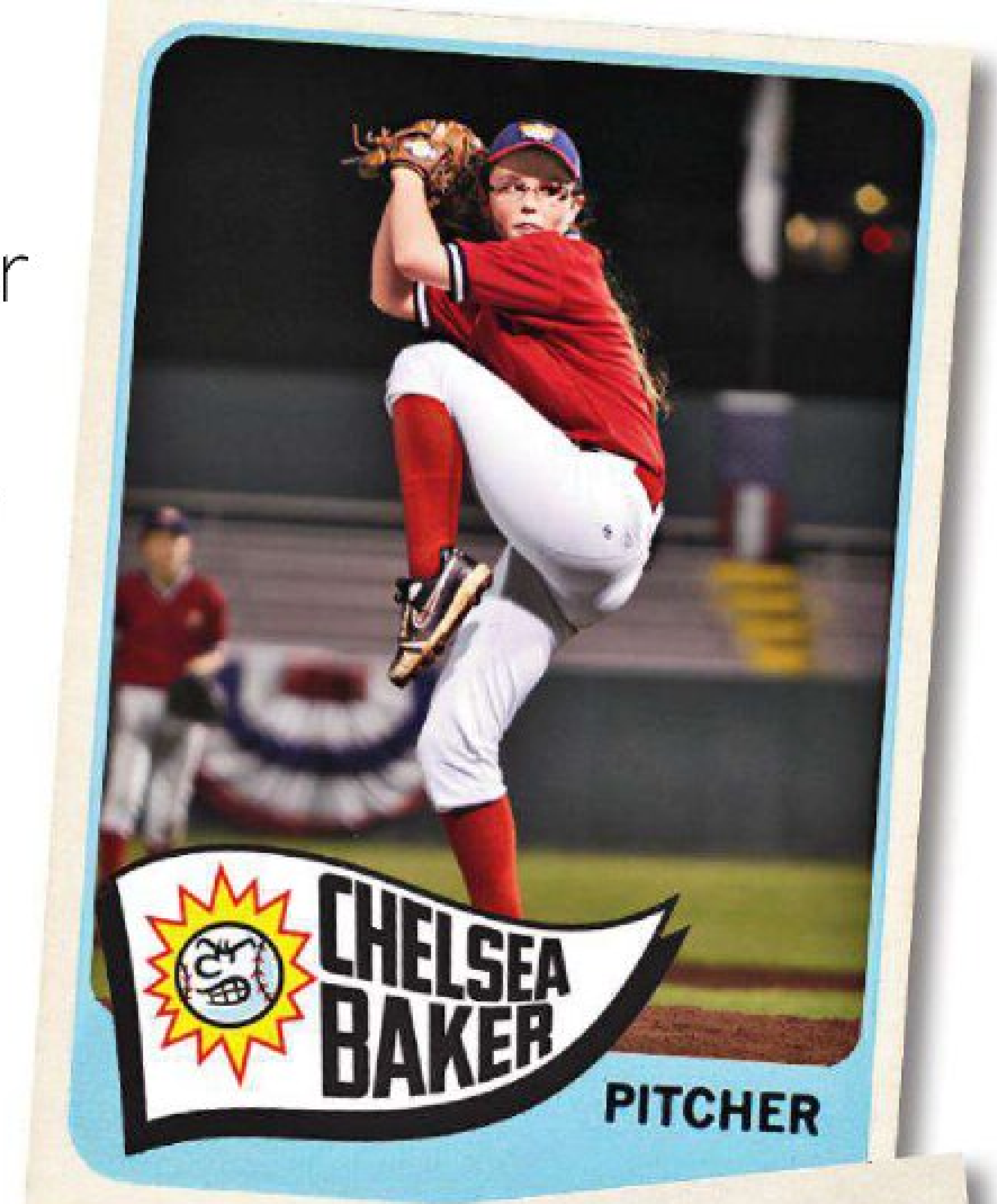
TYPE DESIGN BY DAVID COULSON; PHOTOGRAPH COURTESY ESPN E:60

merica

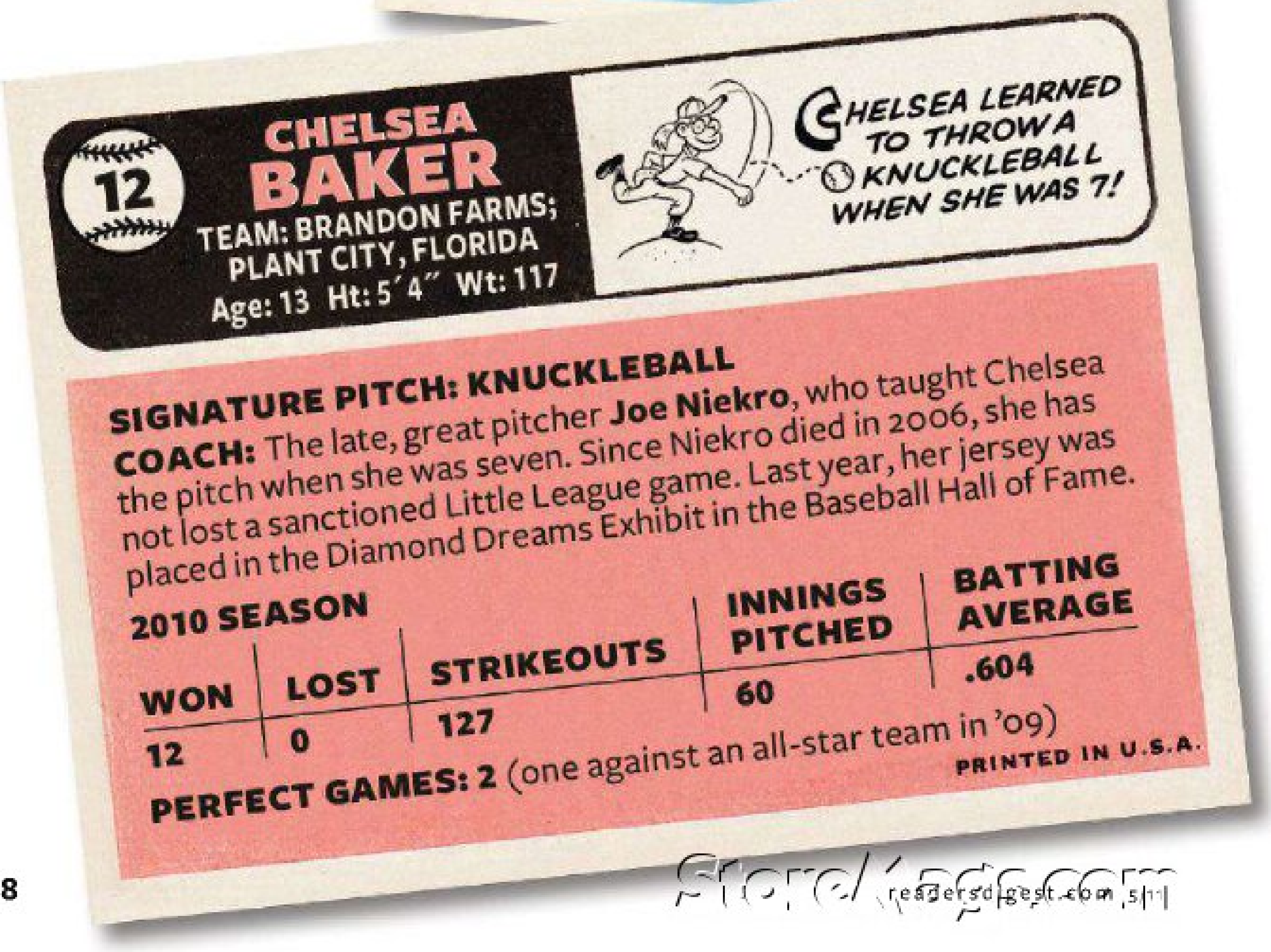
Chelsea Baker, 13, of
Plant City, Florida

Best Knuckleballer

RAZZING THE opposing team is part of baseball's long tradition, but most players never hear the kind of taunt **Chelsea Baker** does: "You should go play softball with the girls." Chelsea, a strikeout artist with a mean knuckleball, has found an effective retort to the catcalls, although she usually lets the umpire do the talking: "Strike three!"



ILLUSTRATED BY DAVID COULSON; PHOTO: CHRISTINA HOUSER



12

CHELSEA BAKER

TEAM: BRANDON FARMS; PLANT CITY, FLORIDA

Age: 13 Ht: 5′ 4″ Wt: 117

CHELSEA LEARNED TO THROW A KNUCKLEBALL WHEN SHE WAS 7!

SIGNATURE PITCH: KNUCKLEBALL

COACH: The late, great pitcher **Joe Niekro**, who taught Chelsea the pitch when she was seven. Since Niekro died in 2006, she has not lost a sanctioned Little League game. Last year, her jersey was placed in the Diamond Dreams Exhibit in the Baseball Hall of Fame.

2010 SEASON

WON	LOST	STRIKEOUTS	INNINGS PITCHED	BATTING AVERAGE
12	0	127	60	.604

PERFECT GAMES: 2 (one against an all-star team in '09)

PRINTED IN U.S.A.

StoreKags.com

Actress Rosie Perez: "The arts are essential to shaping a whole person."

Best Arts Teacher

TWO QUESTIONS for **Rosie Perez,** a Brooklyn native and chair of a board at Urban Arts Partnership, which funds programs in troubled New York City schools:

In today's economy, why should poor kids learn the arts?
The first thing kids need in this economy is to graduate from high school. In New York, seniors have to pass the state Regents Exams to graduate. Students in poor schools fail time after time. Many eventually drop out. Our programs provide incentives to keep them in school.

How does the program work?
Our Fresh Prep is a three-week program that uses teamwork and hip-hop music as vehicles to help kids memorize history and math and learn English. Eighty percent of our students in Fresh Prep pass the Regents. Learning through the arts made that possible. These are kids who had previously failed between one and five times. The arts also help kids understand themselves and sympathize with others. What separates poor kids from privileged kids is the opportunity to succeed. We provide that.

COURTESY ROB NORTHWAY

Big man on campus: CEO Jim Goodnight with employees at SAS headquarters

Best Place to Work

SAS, a software company in Cary, North Carolina, had more than 49,000 job applicants worldwide last year for only 741 open positions. Why? Look at the perks:

- A 35,000-square-foot health-care center
- A 66,000-square-foot fitness center
- On-site day care
- Car detailing
- Hair and nail salons
- Massage therapy
- Subsidized lunch daily, plus free snacks and beverages
- Dry cleaning
- Personal banking
- Racket stringing
- Wellness programs

Add in comprehensive health insurance, and it's easy to see why SAS has been *Fortune* magazine's top-ranked U.S. company to work at for the past two years.

SAS CEO Jim Goodnight explains his company's lavish benefits this way: "Ninety-five percent of my assets drive out the front gate every night," he says. "My job is to bring them back the next morning."

GREGG SEGAL

Best Comfort Food

A FEW YEARS AGO, Rhode Island food writer Lydia Walshin asked some friends over for a cookie-decorating party. To protect their waistlines, they wrapped the artful confections in colored cellophane and donated them to a family shelter.

Drop In & Decorate became a nonprofit shortly after, with a simple concept that has been adopted by baking enthusiasts in 34 states. Volunteer hosts who want to organize an event in their hometown contact Walshin through her website, where she keeps a list of organizations that accept donations. So far, more than 26,000 cookies have been donated to 135 different agencies.

Each treat, says Walshin, sends a vital message to its recipient: "No matter what you're going through in life, no matter how you came to be living in a shelter or using the services of a food pantry, neighbors in your community love and respect you."

For more information on decorating-party events, go to dropinanddecorate.org.

FROM LEFT: COURTESY LYDIA WALSHIN; PHOTOGRAPHED BY KEVIN J. MIYAZAKI/REDUX

Drew Johnson at Second Chance Rescue Center in Sioux Falls, South Dakota

Best Sojourner

WEB DESIGNER **Drew Johnson, 30,** was getting itchy working at home alone in Boise, Idaho, so he dreamed up a scheme for getting out of the house. Bringing together his interests in travel, public service, and technology, he would take a road trip doing good works across the country and document it all on a website.

In late 2009, Johnson traveled to 48 states in 48 weeks, volunteering 20 hours a week wherever a helping hand was needed, including at a farm for rescued horses in Glenville, Pennsylvania, and a Special Olympics bowling tourney in Omaha, Nebraska.

"Many times when I showed up, someone would say, 'You're here at just the right moment,' " says Johnson, who finished his trip in Wyoming. The site 48by48.com features his "volunteering adventure map," which he hopes will inspire others to get involved in their own communities.

"If I'm able to encourage even one or two more people, I have a feeling those people will show up at just the right time too," he says.

Best Sweetheart of the Rodeo

DUBOIS, WYOMING, may be a small town (pop. 962, just south of Yellowstone National Park), but **Leota Didier, 86,** makes certain it offers a big piece of the American West. Thanks in large part to her generous donations, the town now hosts a weekly rodeo, where local wranglers show off their roping and bronc-busting skills, and tiny mutton busters bounce across the ring on sheep. "A truly Western town has to have a rodeo," she says. Same goes for the Tuesday-night square dance at the Rustic Pine Tavern—an event at which town kids and tourists can "discover the life and tradition of the real working cowboys who came in for the dances."

Didier's roots in Dubois reach back to 1969, when she and her late husband, Bernard, a Presbyterian minister, arrived from Chicago and started the Lazy L & B guest ranch, which they ran for 24 years. After the sale of their beloved ranch, Didier decided to sponsor "living memorials" in town, from a cozy reading nook in the library to the bronze cowboy and cowgirl on the main street. Her pet project is the refurbishing of the Dennison Lodge, an old log building from a dude ranch where Clark Gable vacationed. Didier got it moved to the center of town, and now it hosts the Wyoming Shakespeare Festival, bird-watching and wildlife lectures, and anglers' club roundups.

"Our dream was that Dubois could help people see the relationship between the beauties of the natural world and God Almighty," she says. "A wonderful mix of people come through here, and they should experience what real Western life is like."

"The rodeo is a vital tie between the local cowboy and Indian cultures," says Didier.

PHOTOGRAPHED BY TOM SPITZ

Owen Phariss with friend Aly Frydman

COURTESY GENE SLATER

Best Royal Family

AT FREE STATE HIGH SCHOOL in Lawrence, Kansas, every male senior gets on the ballot for homecoming king. But when **Audrey Hughes** and **Aly Frydman** looked at the ballot, they were shocked to see one name was missing: **Owen Phariss.** They were told that an old policy excluded special-needs students. Even mainstreamed kids like Phariss, who has Down syndrome, couldn't participate.

Hughes and Frydman objected. "He's the coolest, happiest kid in school," says Hughes. "He stands in the Commons every morning and says hello to everyone." So they collected over 800 student signatures on a petition, persuading the principal to reverse the outdated policy. Then they launched a get-out-the-vote campaign.

Last October, at halftime on homecoming-game night, the announcer's voice boomed across the stadium: "Your 2010 Free State High School homecoming king is ... Owen Phariss!" As the crown was placed on his head, Phariss basked in the applause of all his loyal subjects, none more devoted than Hughes and Frydman.

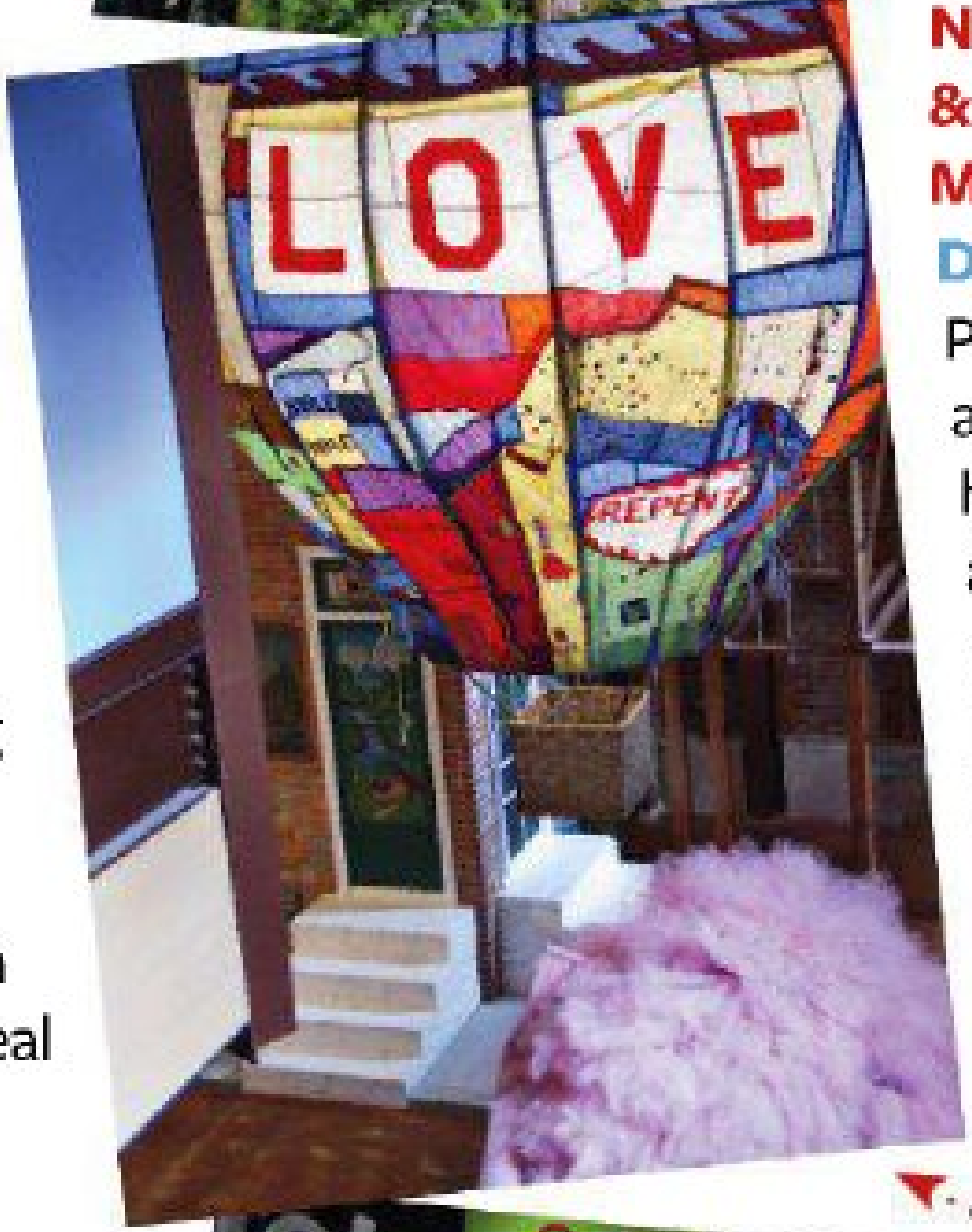
"The students felt so strongly about this," says Frydman. "We didn't want our school to be a place that discriminated."

As for Phariss, he's unlikely to yield the throne soon, according to his mom, Nancy. "He often points to photos of the coronation on the refrigerator and says, 'Mom, that's me, the King of Free State. My friends voted for me.' "

StoreKags.com

Best Spectacles

OUR CURATORS recommend these unusual collections from around the country:



International Cryptozoology Museum

Don't miss: Anything. Cryptozoology is the study of mysterious creatures, such as Bigfoot, mermaids, and other "wonders of the world," models of which reside here.

Portland, Maine
Adult admission: $5
207-518-9496; cryptozoologymuseum.com

National Inventors Hall of Fame and Museum

Don't miss: The rotating Invent Now series. The most recent installment focused on innovations in food, from breakfast cereal to Teflon-pan coating.

At the **U.S. Patent and Trademark Office, Alexandria, Virginia**
Free admission
571-272-0095; invent.org

Carnegie Science Museum

Don't miss: Taking on a robot in a game of air hockey, Foosball, or basketball—or chatting up Athina, the "sassy artificial intelligence robot" in the museum's Roboworld exhibit.

At the **Carnegie Science Center, Pittsburgh, Pennsylvania**
Adult admission: $17.95
412-237-3400; carnegiesciencecenter.org

National Cowboy & Western Heritage Museum

Don't miss: The Western Performers Gallery, a 4,000-square-foot homage to John Wayne and many other cinematic cowboys, featuring props, costumes, and more.

Oklahoma City, Oklahoma
Adult admission: $12.50
405-478-2250; nationalcowboymuseum.org

American Visionary Art Museum

Don't miss: The Giant Whirligig, a 55-foot-high wind-powered sculpture by Vollis Simpson in the central plaza of this outsider-art museum.

Baltimore, Maryland
Adult admission: $15.95
410-244-1900; avam.org

FROM TOP: COURTESY LOREN COLEMAN/INTERNATIONAL CRYPTOZOOLOGY MUSEUM; COURTESY AMERICAN VISIONARY ART MUSEUM; COURTESY RENEE ROSENSTEEL/CARNEGIE SCIENCE CENTER

"She's so grand," says Jerry Moss, "perfectly sculpted in her back end, shoulders, and face."

Best Catch

LAST YEAR, when owners Jerry and Ann Moss retired their champion racehorse, Zenyatta, and announced that she would take up residence at a breeding farm, the ears of champion stallions perked up everywhere. If there were a matchmaker for thoroughbreds, she'd have these terrific credentials to work with:

Name **Zenyatta,** 2010 Racehorse of the Year
Address Lane's End Farm, Kentucky, where she's adjusting to the cushy lifestyle of a broodmare
Stature 17.2 hands (nearly 6 feet); 1,200 pounds. "She's taller than most horses, including colts," says Jerry Moss.
Victories Over three years, 19 consecutive wins. "She beat all the boys, the best boys in the world."
Earnings $7 million–plus, more than any other mare in North American racetrack history.
Personality Loves the limelight. "What a big ham she was in front of the TV cameras! She'd strut her stuff and dance and just put on a show. She loved all the applause."
Race Strategy Ran behind the pack, then galloped past leaders in the final stretch, "which is hard sometimes because you have to get through horses as well as past them."
Typical Day Wakes for an early feed bag, then grazes with three or four mare pals in her 15-acre paddock before returning to her stall late afternoon for a little love, grooming—and maybe a beer: "She likes Guinness. Her trainer, John Shirreffs, would give her some when she was racing once in a while to let her down."
(Update: In January, the Mosses decided Zenyatta will be bred with 2006 Preakness winner Bernardini. But love can be fickle ...)

FROM LEFT: COURTESY ANNE M. EBERHAR

MINNESOTA
BEATLE
PROJECT VOL. 2

Best Beatles Covers

YOU MIGHT call Mark Gehring Minnesota's fifth Beatle. Along with his wife, Karrisa, Gehring is founder of **Vega Productions,** an Owatonna, Minnesota, nonprofit that is rebuilding public school music and arts programs with proceeds from benefit concerts and records. Its biggest money generator: **the Beatle Project**—two albums of Fab Four covers performed by such state-based musical luminaries as Mason Jennings and Soul Asylum. Profits from the records have enabled 20,000 students to learn to play an instrument or sketch a still life. Vega recently funded a ten-week after-school music program that culminated in a jam-packed student concert.

"Many of the kids had never picked up an instrument before," Gehring says. "And the music was fabulous."

Best Train-ee

"HELLO, KEITH? New York Jets here. Can you join the team, and help us make it to the Super Bowl?"

That was the gist of the call **Keith Fitzhugh** fielded from the Jets last December when they were looking to shore up their injury-depleted roster. The 24-year-old Fitzhugh, a defensive safety who played for Mississippi State University, had signed with the team in 2009 but failed to catch on there, a situation repeated with another NFL team the following year.

"Getting cut over and over again really humbled me," he says. Now along comes his second chance, the opportunity of a lifetime. Right?

Time-out. Last summer, Fitzhugh, who lives in Lovejoy, Georgia, took a job with Norfolk Southern, the rail transportation company, and is now most of the way through its training program.

Fitzhugh has been fascinated by trains for as long as he can remember. "I'd wave to train conductors as a kid and think, That would be a great job to have someday," he says.

The Jets offer was clarifying: Citing the steady employment and ability to live at home and help his parents (his dad is disabled), Fitzhugh decided to stick with the railroad.

Today, in the train's engine room, he works closely with an engineer, who may one day call upon him to drive—which means he'll get to play defensive safety and quarterback at the same time.

SOUTHE
NS
244235

“Being a conductor has always been a dream of mine,” says Fitzhugh.

PHOTOGRAPHED BY JEFFERY SALTER/REDUX

Best
Wheeler Dealer

PREFACE In 2007, **Gabriel Levinson,** a 25-year-old book lover and bike rider, has an idea: He'll wed his two passions in Book Bike (bookbike.org), a giveaway library on wheels. In the summer, he'll cruise through Chicago's many parks and hand out free volumes to grateful passersby. "This will be a way to get books right in front of people as they're walking down the street," he figures. Intelligent conversation, he hopes, will follow.

CHAPTER 1 The next year, after building an outsize tricycle that can carry 200 pounds, Levinson solicits books from publishers and begins handing them out. "People sometimes give me a funny look," he finds. But the literary chitchat is, as he had hoped, lively.

CHAPTER 2 In 2010, Levinson gathers donations from fellow bibliophiles, raising $1,400, which he uses to purchase his volumes from local bookstores. "So now the book is paid for in full in support of independent booksellers," he says. "And when someone takes a book from my bike, they're inspired to go back to the bookstore and build their personal library."

AFTERWORD Thanks to donations, this year Levinson hopes to give away $10,000 worth of books. "It's a Chicago thing now," he says proudly. "And I'm happy to be at the wheel."

SF-11
WRITERS' BLOCK
SECOND SET-OUT
HELLH ON HIS

PHOTOGRAPHED BY ANDY GOOD

"Anyone who wants a book is invited to take one," says Levinson.

Marla Spivak says she's "helping bees help themselves."

Best Bee Breeder

WEAKENED BY pesticides, parasites, and poor nutrition—and decimated by an unrelated, incurable malady that causes a phenomenon called colony collapse disorder—the honeybees in America's 2.5 million colonies are under assault, and the consequences of their decline are dire: One third of the American diet, including fruits and vegetables and dairy and meat products from cattle that graze on flowering grasses, depends on bee pollination.

Thanks to the scientific sleuthing of **Marla Spivak,** an entomologist at the University of Minnesota, the country's bees are being given a new lease on life. Bees are hygienic—they have an innate ability to detect other ailing bees, pupae, or larvae and kick them out of the hive before they can infect the rest of the colony. By breeding bees highly endowed with this trait, Spivak has created a new strain that is more resistant to certain illnesses. Now, Spivak, 55, travels across the United States teaching beekeepers how to make their hives stronger, too, without creating a bee monoculture. "We need healthy bees but also lots of genetic diversity," she says.

Spivak hopes to build a unique bee research and discovery center where people can watch her research team behind glass. "I want people to come away inspired to do something to help bees. They are social, beautiful, and humbling."

FROM LEFT: COURTESY THE JOHN D. & CATHERINE T. MACARTHUR FOUNDATION; ILLUSTRATED BY MARK MATCHO; COURTESY HALL PHOTOGRAPHY

Best Dirt

IN HIS BOOK *American Terroir* (*terroir* means "taste of a place"), **Rowan Jacobsen** examines how the geography, geology, and climate of a particular region create unique characteristics in the foods produced there. Here's why these regional delicacies are a cut above their competitors:

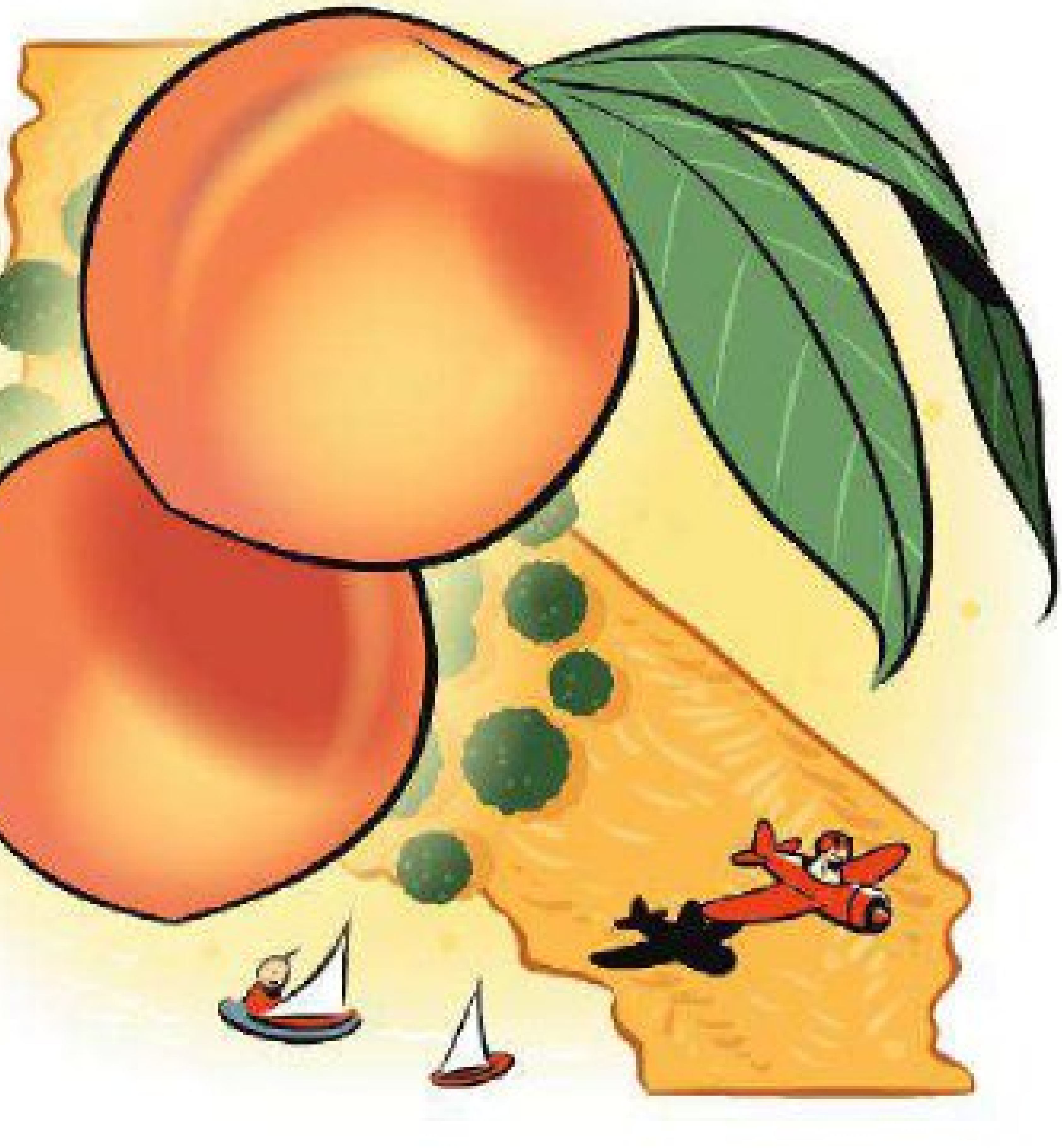
Bay Area (California) peaches Fertile river-valley soil and long, sunny days help build firm flesh, and dry conditions at harvest guarantee this fruit is sweeter than southern peaches.

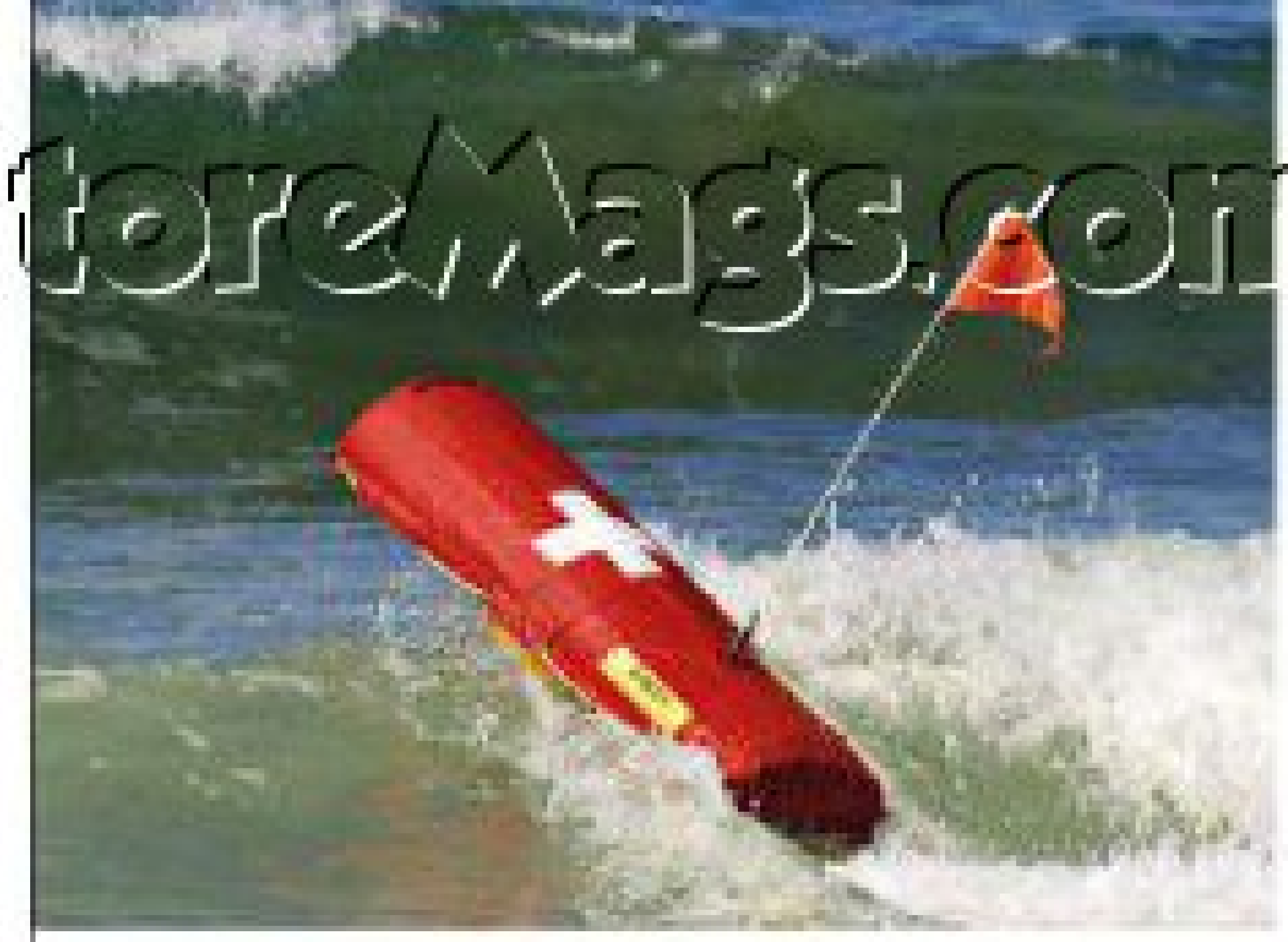
Cascade Range (Oregon) chanterelles The mild and moist climate aids plumpness, and old-growth Douglas fir forests convey unique flavor to these mushrooms.

Driftless Region (Wisconsin) cheeses The rich diversity of wildflowers, wild herbs, and grasses that grow here increase the complexity of flavors in cow's milk and cheese.

Yakima Valley (Washington) apples Sunny, warm days and cold nights result in tart, firm fruit.

For more information, go to rowanjacobsen.com.





Best Lifeguard

Name: EMILY (Emergency Integrated Lifesaving Lanyard)
Occupation Rescuer of drowning swimmers
Specs Remote-controlled, four feet long; equipped with motion-sensing sonar that can locate a person struggling underwater and a two-way radio that rescuers onshore can use to calm a flailing swimmer. As many as five swimmers can grab on to and be supported by the flotation device.
Special skills Able to leap 18-foot waves in a single bound and travel through riptides at 24 mph, 15 times faster than a human lifeguard.
Creator Anthony Mulligan, 47, who got the idea for EMILY (hydronalix.com) while working on a device to study ocean mammals for the National Oceanic and Atmospheric Administration.

"You can throw EMILY out into really strong currents, and she'll reach a swimmer in seconds," says Mulligan. Take that, *Baywatch*.

StockMags.com

“Your last days should be your best,” says Turrow.

Best Life Support

AT 19, **Chaya Turrow** has a beyond-her-years confidence about what’s truly important. The gifted UCLA freshman is a karate black belt, snowboarder, wakeboarder, and double bass player who devotes much of her free time to helping those not often on a teenager’s mind: people who have only days to live.

Turrow is playing a vital role as a spokeswoman for Our Community House of Hope (OCHH) and has helped raise $108,000 for a future facility in the greater Los Angeles area that will provide end-of-life care free to patients who otherwise couldn’t afford it. “Terminally ill people shouldn’t have to worry about medical bills at the end of their life,” she says. “They shouldn’t have to worry about anything.”

Turrow first learned of the value of hospice care as she watched her parents struggle by themselves to care for her dying grandmother. She began helping out at hospice centers and enlisted her Girl Scouts troop to make 100 blankets for families of hospice patients.

Once the OCHH facility opens, Turrow plans to be among its first volunteers. “If we don’t help these patients out, they’re not going to have the energy to do it themselves.”

Best Throw-Downs

WHAT DO you get when you combine Americans' love of competition with eccentric regional pastimes? Weird contests. Here are five we'll be entering in the coming year.

World Champion Cow Chip Throw The event's all-time record for heaving a piece of dried dung is 185 feet five inches (by Robby Deevers of Oklahoma, in 2001). Try to top the mark by showing up in **Beaver, Oklahoma, the third weekend in April.**

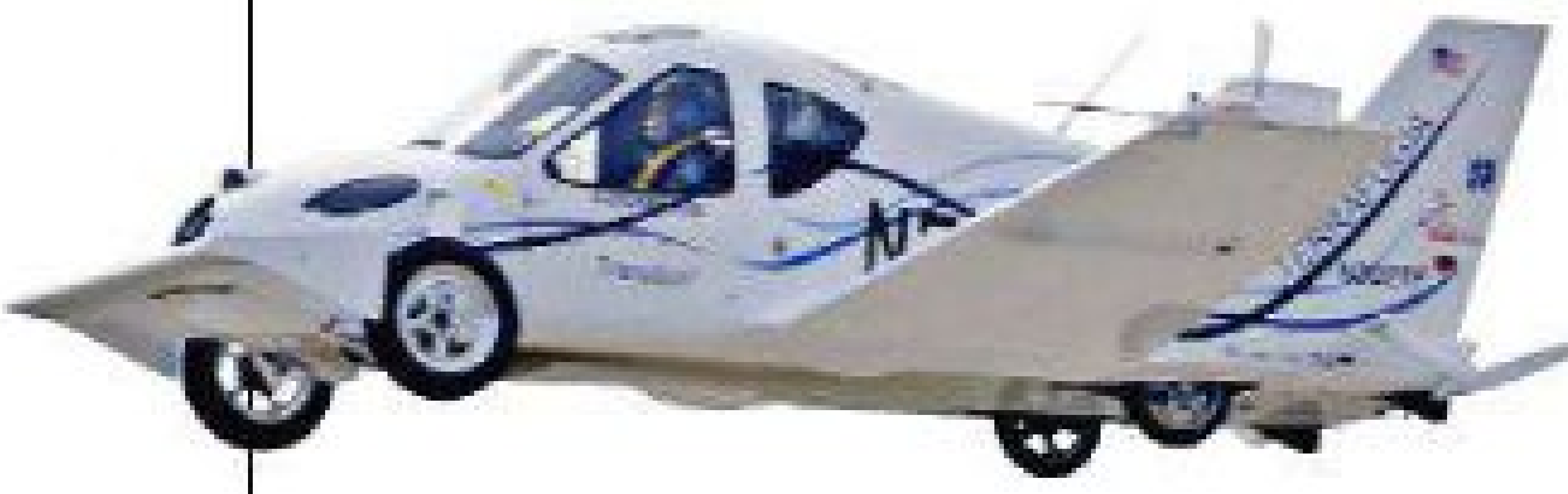
National Hollerin' Contest Divisions include Whistlin', Conch Shell Blowin', and hollerin' for all ages and both genders. In **Spivey's Corner, North Carolina, June 18.**

Mashed Potato Wrestling Join spud studs like Steve O'Gratin at this gripping annual mashup. In **Barnesville, Minnesota, August 26.** ▼

West Virginia Roadkill Cook-Off Recent prize-winning dishes have included splat cat and smeared hog with groundhog gravy. In **Marlinton, West Virginia, September 24.**

Peter's Clam Bar Cherrystone Clam–Eating World Championship Sonya Thomas set a world record at the 2010 event by eating 26 dozen clams in six minutes. In **Island Park, New York (on Long Island), Memorial Day.**

FROM LEFT: PHOTOGRAPHED BY LORI STOLL; COURTESY CLARK AREA CHAMBER OF COMMERCE; COURTESY TERRAFUGIA



Best Hybrid

IT'S A CAR, it's a plane, it's ... **Transition** from Terrafugia, coming soon to a carport or hangar near you. Imagine pulling your van-sized carplane out of your single-car garage—wings folded, of course—and heading off to the in-laws a few miles away. Suddenly, it hits you: "I don't want to go to my in-laws. In fact, I want to get as far away from them as possible."

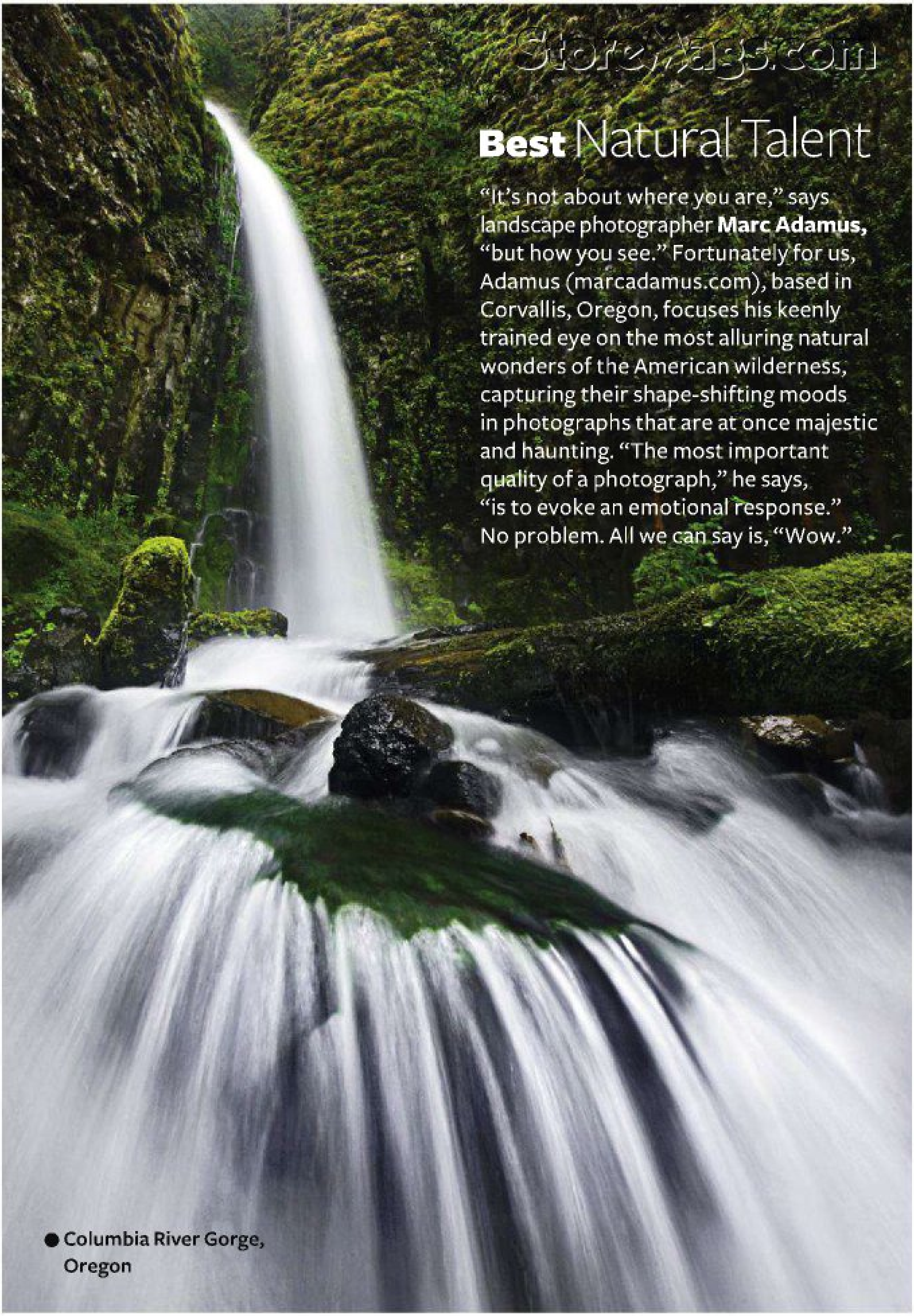
Congrats, you're in the perfect vehicle! Simply toddle over to the nearest airport and toggle a few switches, and in a minute, the wings have unfolded and you're off to Tahiti!

Of course, the flight might take a while, since the airplane has a top speed of only 115 mph and gets 490 miles on a full tank. Still ... Tahiti! But once you've landed, there's no need for a rental car. Sweet! The chance to ditch your crazy brother-in-law for Tahiti might make the expected $200,000 to $250,000 sticker price downright worth it.

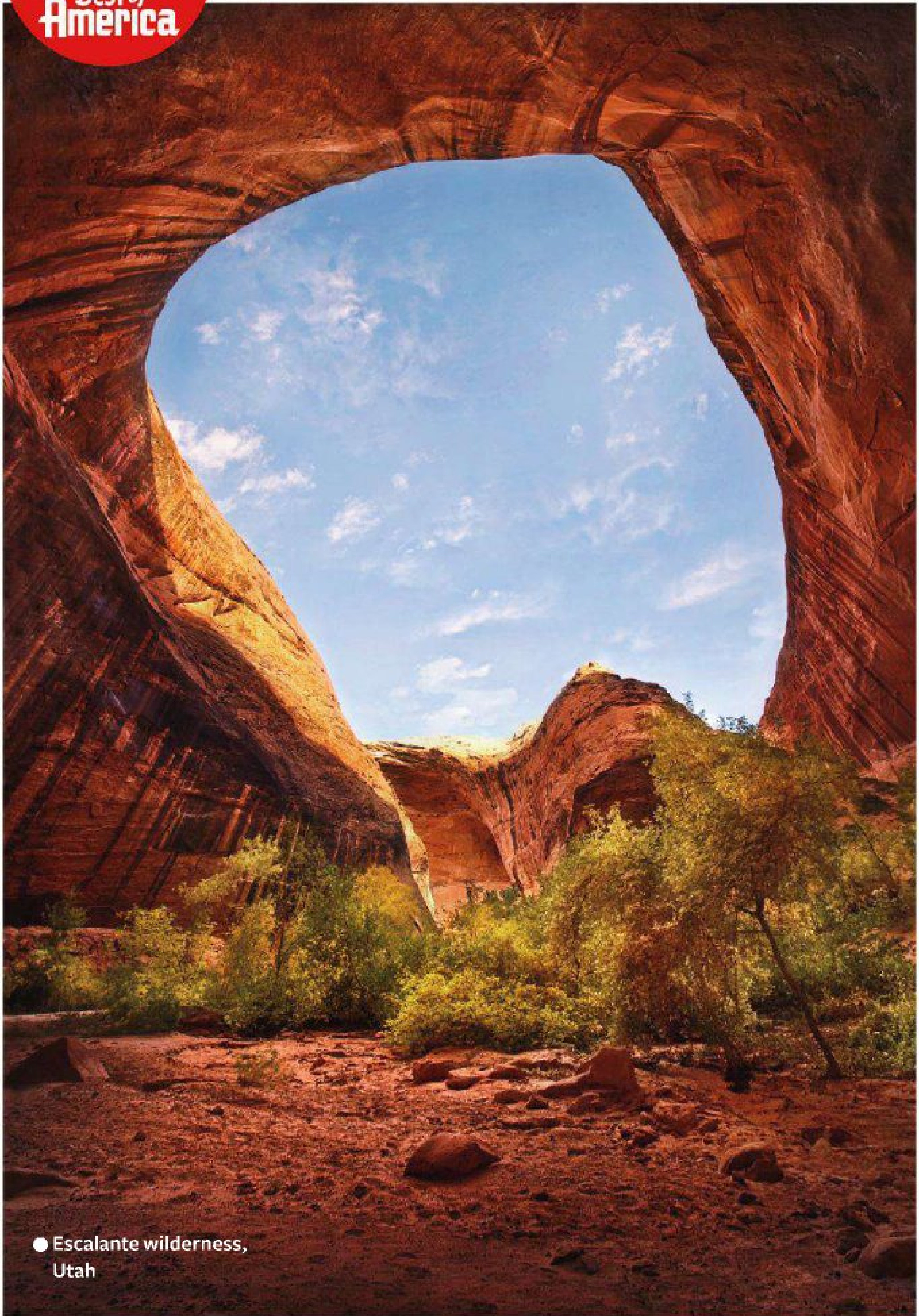
Superstition Mountains, Arizona

Best Natural Talent

"It's not about where you are," says landscape photographer **Marc Adamus,** "but how you see." Fortunately for us, Adamus (marcadamus.com), based in Corvallis, Oregon, focuses his keenly trained eye on the most alluring natural wonders of the American wilderness, capturing their shape-shifting moods in photographs that are at once majestic and haunting. "The most important quality of a photograph," he says, "is to evoke an emotional response." No problem. All we can say is, "Wow."



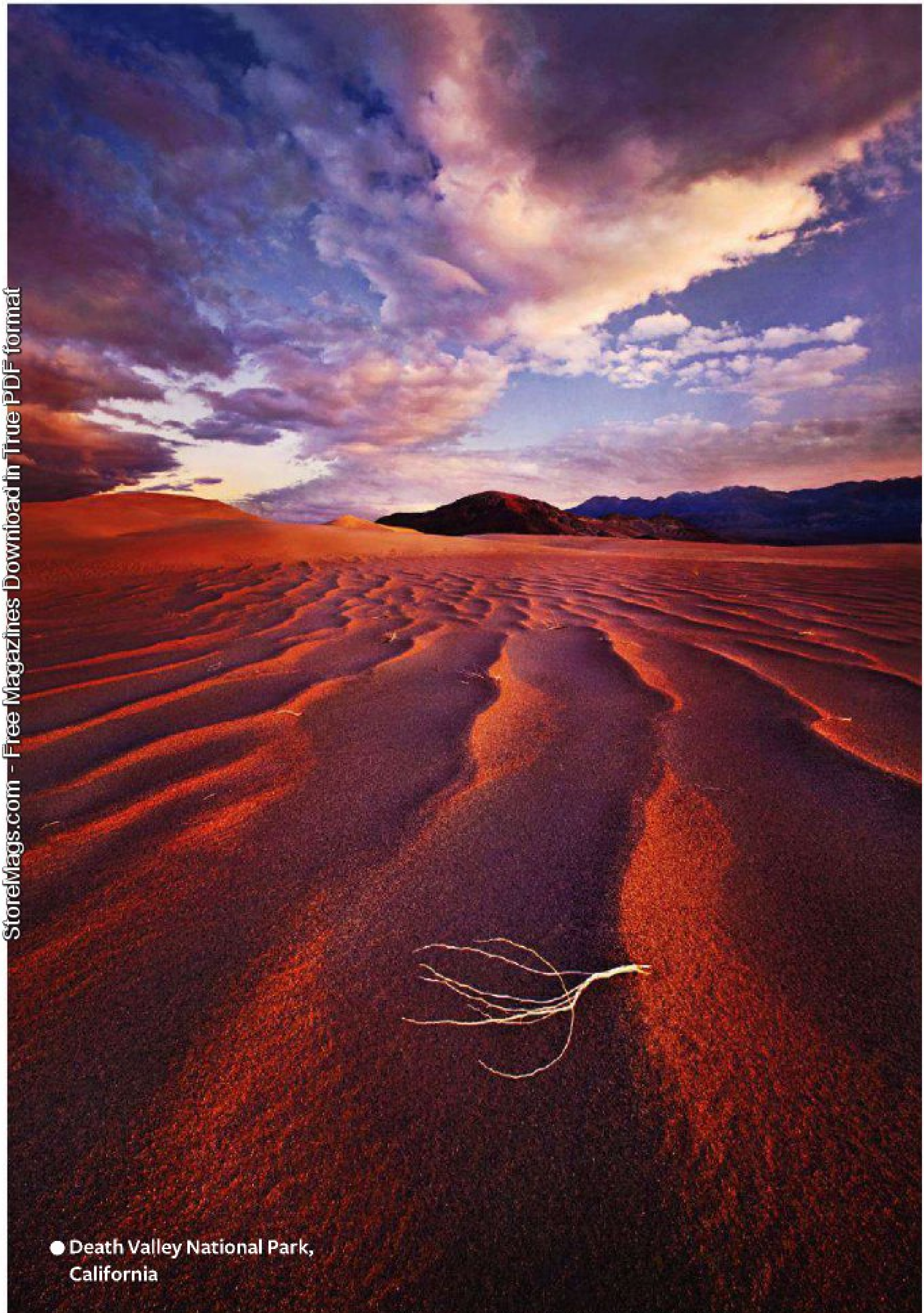
● Columbia River Gorge, Oregon



Escalante wilderness, Utah

Spray Park at Mount Rainier National Park, Washington

Oregon coast



● Death Valley National Park, California

Best Match

WHEN CARLOS SANCHEZ, an office administrator in East Haven, Connecticut, wrote on his Facebook page in 2009 that he was in desperate need of a kidney, he was surprised to receive a quick response ... from the town's mayor, **April Capone Almon.**

If she was a match—and she was—one of her kidneys was his, she wrote. The transplant took place in April 2010, and Sanchez, 45, whose kidneys had been ravaged by diabetes, still can't believe his good fortune.

"We call each other brother and sister," says Sanchez, who made a fast recovery. "She gets upset when I tell people she's my angel. But she is."

Almon, 36, kept the planned transplant a secret until after her 2009 reelection campaign. "I didn't want people to think I was doing it for political reasons. It was just the right thing to do." As for the kidney, she doesn't miss it at all.

"Anyone can do what I did. I didn't give him my last kidney. I gave him the extra one."

"Everyone deserves to eat with dignity," says Brad Birky.

Best Lunch Special

INSIDE THE pleasingly aromatic **SAME Café** in downtown Denver, the spirit of generosity is instantly apparent: A slotted donation box stands in place of a cash register. Customers here pay only what they can afford, no questions asked.

A risky business plan, perhaps, but SAME (it stands for So All May Eat) Café has an unassailable mission in the Mile High City: Open only at midday, the restaurant provides needy residents with nutritious, delicious lunches six days a week. Diners unable to pay for their meals can instead volunteer as servers, dishwashers, and prep cooks or offer other maintenance services.

"It's based on trust, and it's working," says co-owner Brad Birky, who started the café with his wife, Libby, in 2006. As veteran volunteers at soup kitchens, the Birkys lamented the often unhealthy meals they served there.

"We wanted to offer quality food in a restaurant setting where everyone felt comfortable, regardless of their circumstances," Birky says. SAME's quirky lunch menu changes daily, and most ingredients are organic and grown by local farmers. A recent combination plate consisted of bacon, shrimp, and goat cheese pizza with a fennel and orange salad.

The luncheonette now averages 65 to 70 customers (and eight volunteers) a day. And the spirit of generosity behind the enterprise appears to be infectious. In early 2007, one volunteer who had shoveled snow for his meals during the long winter bid farewell to his benefactors. "He said he was going to New Orleans to help with the hurricane cleanup," says Birky.

FROM LEFT: ILLUSTRATED BY MARK MATCH

Releaser StoreMags & FantaMag

Best Cleanup Crew

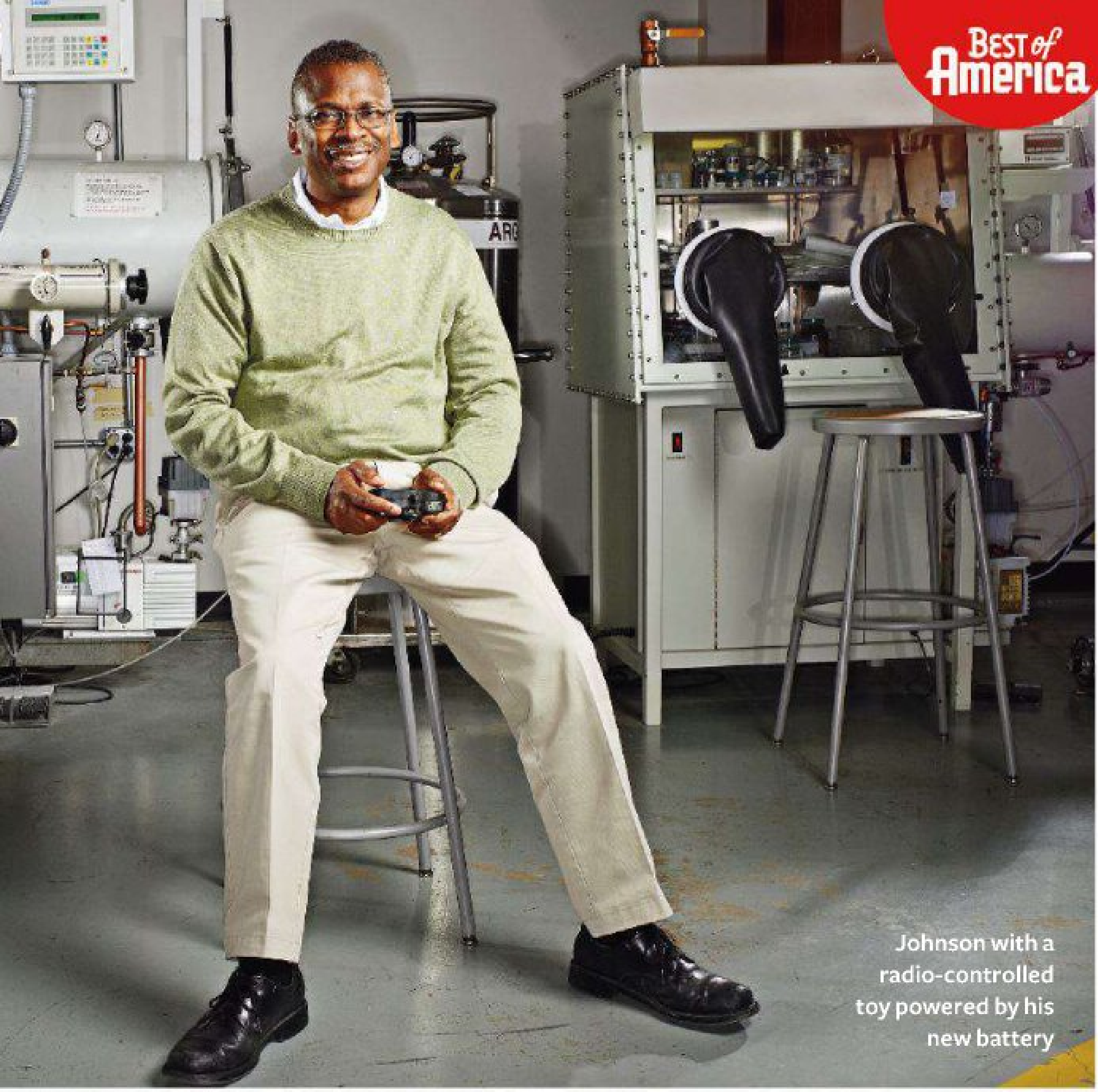
IN GLENVILLE, an impoverished neighborhood on Cleveland's East Side, hope has emerged in a most refreshing form: the **Evergreen Cooperative Laundry,** a fledgling enterprise owned in part by most of its 25 employees. They work for wages and a stake in the company's long-term success. Fifty cents of each hour's wage goes toward a $3,000 ownership share, an investment that in eight years is likely to be worth $65,000.

A joint partnership that includes the city, poor Cleveland neighborhoods, and nearby "anchor" institutions such as the Cleveland Clinic and Case Western Reserve, the energy-efficient venture can handle 12 million pounds of laundry a year. "Every day I'm like, Pinch me, because this seems like a dream," says Medrick Addison, a supervisor who plans to buy a house now that he makes $48,000 a year.

"You have the mentality that this is my company," he says. "That's why we get the best out of people."

Best Visionary

IF **LONNIE JOHNSON'S** new planet-friendly inventions touch as many people as his most lucrative creation did, the world will be a finer place. Johnson, most famous for inventing the hugely popular Super Soaker water blaster (a reported $1 billion worth of the toys have sold since 1990), has been working on a pair of more grown-up contraptions: an innovative heat engine with no moving parts and a rechargeable lithium-air battery. When



Johnson with a radio-controlled toy powered by his new battery

combined, they produce virtually limitless pollution-free electricity.

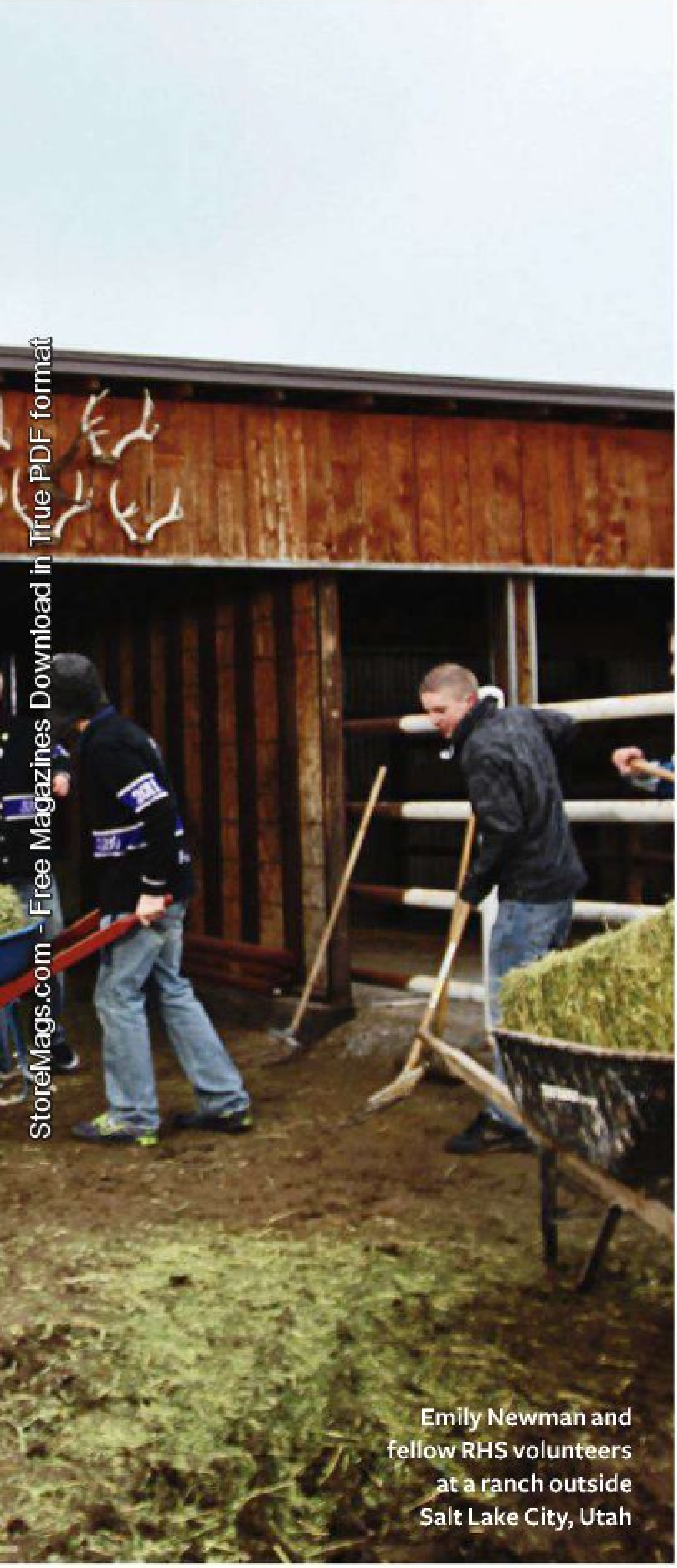
"This technology could power just about any engine that exists," says Johnson, 61, who worked as a rocket scientist for NASA—he won awards for spacecraft-system design for the Galileo and Mars Observer missions—before founding Johnson ElectroMechanical Systems.

With funding from Super Soaker sales, the Air Force, the National Science Foundation, and private investors, Johnson, who lives in Atlanta, hopes to have a working model of the energy generator ready in a few years.

The device is just the latest among more than 100 patents Johnson holds, which include one for a hair-care appliance that simultaneously dries and sets hair without heat and a diaper monitor that sings a lullaby when the nappy is wet. But not even the possibility of revolutionizing energy production can power down this inventor's hypercreative mind.

"I have more ideas than I have the time or resources to work on," says Johnson.

FROM LEFT: ILLUSTRATED BY MARK MATCHO; PHOTOGRAPHED BY JEFFERY SALTER/REDUX



Emily Newman and fellow RHS volunteers at a ranch outside Salt Lake City, Utah

Best Rescue Squad

WHO SAYS teenagers don't know the meaning of hard work? For three weeks last December, students at **Riverton High School** (RHS) near Salt Lake City cleaned barns, hosted benefit concerts, and sold student artwork, raising more than $81,000 for the International Rescue Committee, an organization that helps refugees acclimate to American life. The money will help several hundred refugee families from Iraq, Bhutan, and Myanmar pay rent and other bills for the next six months.

But for the nearly 2,000 RHS volunteers, the money was just a footnote to the real-world lessons. "One of our teachers, who is in the National Guard, suggested using the local military base to bring to life the experience of a refugee," said Brad Sorensen, RHS principal.

Set up by four of the school's teachers, the exercise included representatives from each grade. The kids were told to leave behind their cell phones and other personal items and were driven to a National Guard base. To simulate the sense of dislocation refugees feel, students were addressed in Farsi with the help of interpreters.

"Other students kept saying they were so thankful for everything they had after learning about refugees," says Austin Emch, RHS student body president. "What we like to say is, 'It's not about the dollar; it's about the change.'"

PHOTOGRAPHED BY LORI ADAMSKI-PEEK

Best Wingman

RYAN MCGUIRE grew up thinking that "being a pilot was the coolest thing in the world." His single-minded ambition to fly propelled him through the Air Force Academy and to pilot school. But then his dream suddenly went south.

On September 6, 2009, McGuire mangled his right leg in a boating accident while on leave from pilot training school at Laughlin Air Force Base in Texas. Weeks later, the leg was amputated below the knee. "The day I came out of surgery, I never felt such pain—physically or emotionally," he recalls. "My dream was over."

McGuire was sent to the Center for the Intrepid, where casualties from the Iraq and Afghanistan wars go for rehabilitation. The grit and bravery of the gravely wounded soldiers he met there inspired him anew: "They did not give up. So neither would I."

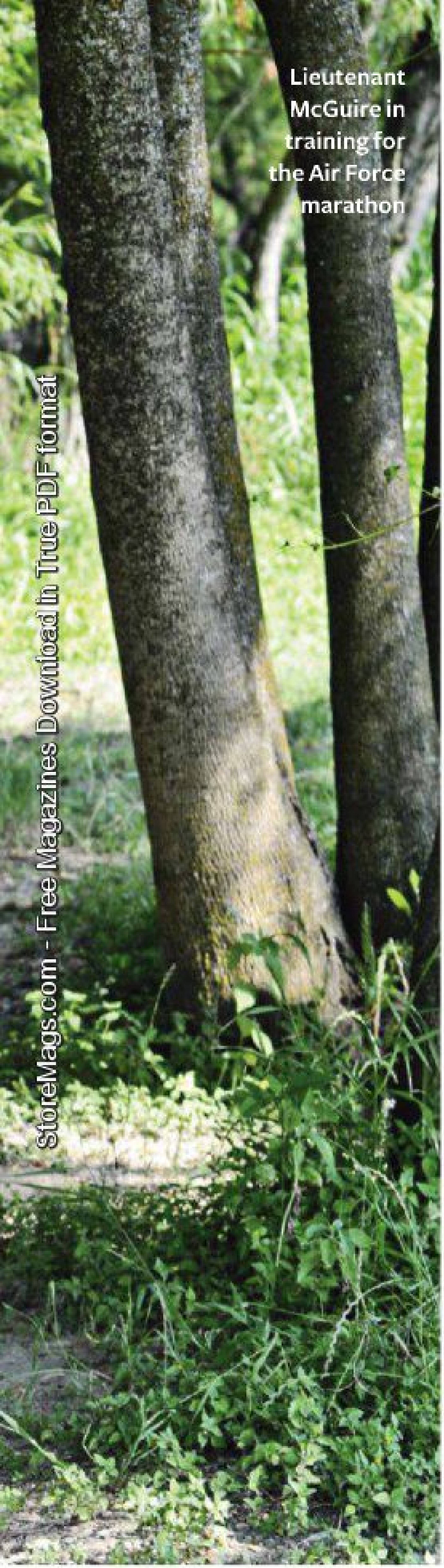
After learning to walk—and run—with a prosthesis, McGuire set out to prove to the Air Force that he could fly. Testing and retesting his reflexes in a flight simulator, he demonstrated that he could operate the rudder and braking pedals necessary to pilot a plane. The Air Force took him back.

McGuire is now the first trainee with a prosthetic limb in the pilot program and is learning to fly huge Air Force transport planes. After he earns his wings, he hopes to embrace the tradition of the wingman, the pilot whose plane flies just behind the leader in a formation.

"A wingman is there to stand up for his brothers," he explains. "The wounded warriors stood up and showed me courage. I want to do the same for others."

Releaser: StoreMags & FantaMag

/U.S. AIR FORCE



Lieutenant McGuire in training for the Air Force marathon

Readers' Faves 2011

Our readers have spoken! We asked our **Facebook** followers to vote on their favorite American brews, tunes, muscle cars, and other cultural icons. Here's how they voted:

Best candy

1. **Reese's Peanut Butter Cups**	46%
2. **Hershey's Kisses**	33%
3. **Tootsie Roll**	15%
4. **Mike and Ike**	6%

Coolest car names

1. **Ford Mustang**	38%
2. **Dodge Viper**	25%
3. **Corvette Stingray**	21%
4. **Plymouth Barracuda**	15%

Favorite anthem

1. **"God Bless America"**	40%
2. **"The Star-Spangled Banner"**	34%
3. **"Born in the U.S.A."**	14%
4. **"This Land Is Your Land"**	12%

Most lovable college mascot

1. **Purple Cow,** Williams College	39%
2. **Fighting Pickle,** University of North Carolina School of the Arts	34%
3. **The Blue Blob,** Xavier University	15%
4. **Peter the Anteater,** University of California, Irvine	11%

Greatest American general

1. **George Washington**	55%
2. **George S. Patton**	19%
3. **Ulysses S. Grant**	14%
4. **Douglas MacArthur**	11%

Best brew

1. **Samuel Adams Boston Lager,** Massachusetts	57%
2. **Lone Star Beer,** Texas	17%
3. **Sierra Nevada Pale Ale,** California	14%
4. **Yuengling Lager,** Florida and Pennsylvania	12%

Best
Beach Comber

JIM DENEVAN likes to draw a line in the sand—for art's sake. Using only a stick and a rake (inset), the 50-year-old artist has created several hundred sand sculptures, most of them along the beaches of Northern California. (Dry desert lake beds are another favorite medium.) The world's most prodigious beach comber works quickly, usually completing his sculptures within five hours, his deadlines imposed by the lunar cycle: The tides will wash away his creations by day's end. Pictured here: *Sand Drawing*, Cape Cod, August 2010.

JIM DENEVAN/PETER HINSON

Best Developer

AFTER VOLUNTEERING for a year at a New York City homeless shelter following college, **Rosanne Haggerty** came to an important conclusion: "Shelters aren't the answer to homelessness. And housing is just the starting point for providing some sort of stability." So she put off law school and in 1990 founded Common Ground (commonground.org), an organization that has since provided almost 3,000 low-cost apartments for homeless people in rehabilitated residential buildings across the city.

A key fixture of the program: Most buildings are staffed with social service providers who can help residents find jobs and cope with health problems and addiction. "It's important to have those resources close at hand," says Haggerty. "We want to make it easy for people to succeed."

Last summer, Haggerty, now 50, rolled out her 100,000 Homes campaign, which aims to provide permanent housing to 100,000 homeless Americans within three years. Seventy-three communities across the country have signed on to the project.

"A lot of homelessness starts in a poor neighborhood somewhere else," she says. "We think that a person's own community can be a bulwark against it."

Best Fish Tale

FISHERMEN MAY not like to reveal their favorite holes, but they're happy to lure others to the sport—one reason 13-year-old **Michael Lipinski** of Roseville, Michigan, is delighted to give casting lessons to children with traumatic brain injuries.

"I love being outside and fighting the bass," says Michael, who's been fishing since he was a toddler. A winner of several casting competitions, he was approached by a therapeutic recreation specialist at Children's Hospital of Michigan. She suggested that Michael demonstrate his skill to her patients.

After giving that first lesson in 2007, Michael was hooked. For his next birthday party, he asked his friends to give him rods, reels, hooks, and bobbers as presents, and he solicited more equipment from local and national fishing clubs. Then he guided his charges on four fishing trips that summer, outings repeated each summer since as part of his Fishin' Mission program.

"Kids change after they fish," says Michael. "They might be quiet at first, but you can see the smile on their faces when they catch that first fish."

The smiles come even on a bad day of fishing. Toward the end of one disappointing outing, a youngster finally felt a tug at the end of her line. After putting up an admirable fight, the creature finally tired and was hauled out of the water—a tiny turtle. No matter. Everyone whooped and hollered. They'd caught something!

"You know," muses Michael, "you can really change someone's attitude in one day just by taking them fishing."

LEFT: PHOTOGRAPHED BY ERIKA LARSEN/REDUX

Bass master Michael Lipinski, left, with his latest fishing convert, Maurice Banks II, age 13

SoloMags.com

“I was given good health for a reason,” says Glaser.

Best Family Man

FOR THE PAST eight years, 26-year-old **Jake Glaser** has traveled the world talking to expectant moms, college kids, and the media about how to prevent pediatric AIDS. He speaks straight from the heart: Glaser was born HIV-positive after his mother, Elizabeth, contracted the virus through a blood transfusion in 1981. It passed through her breast milk first to his older sister, Ariel, and three years later to Jake in utero. (Ariel succumbed to AIDS at the age of seven in 1988.)

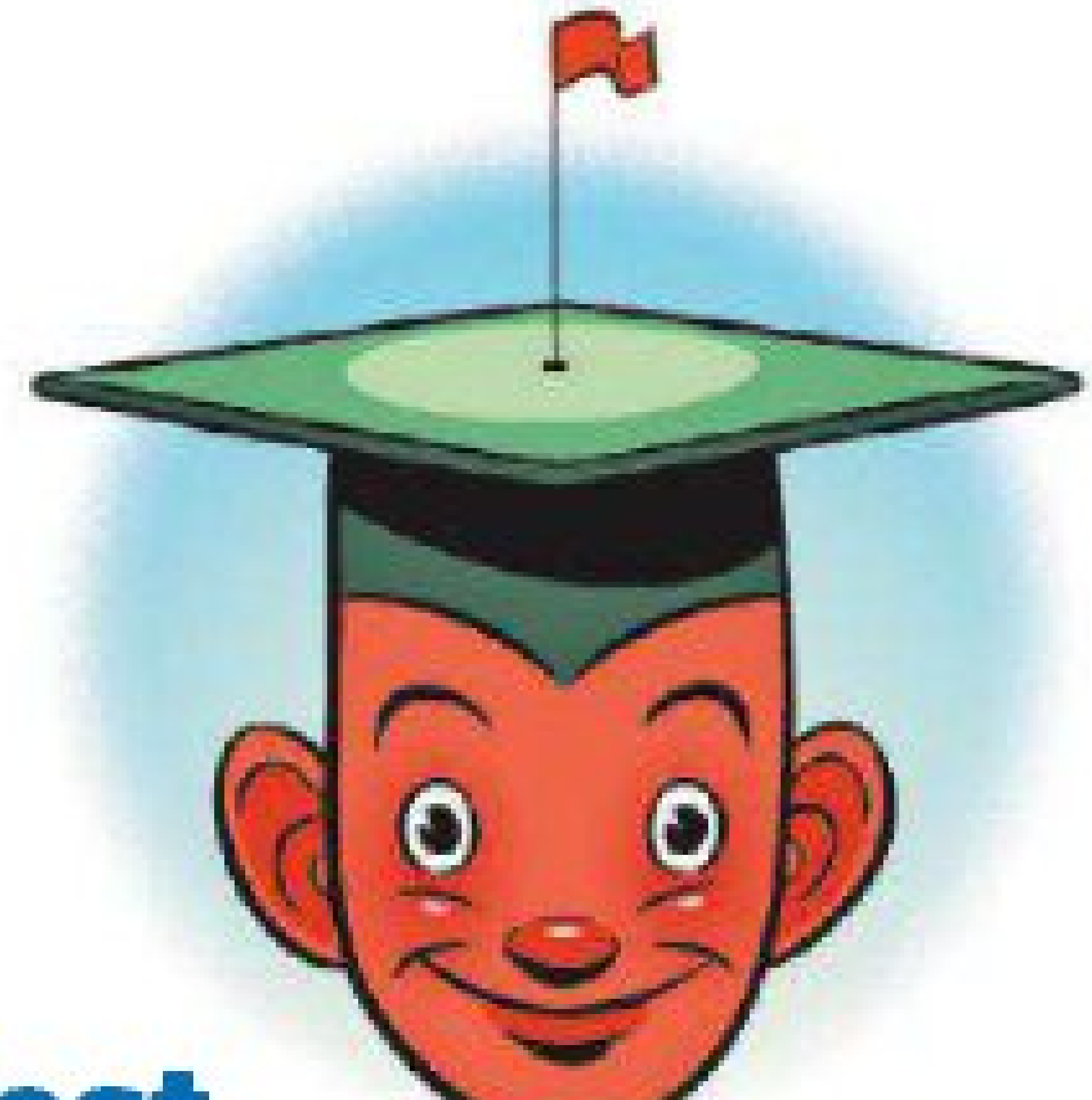
Before his mother died in 1994 (Jake was ten), she founded what is now the Elizabeth Glaser Pediatric AIDS Foundation and fought tirelessly to speed the development of medications that could stop mother-to-child transmission of the disease.

"My mom's passion was to save children, and she did a lot to save my life too," says Glaser, who is the son of actor and director Paul Michael Glaser and lives in Venice Beach, California.

"It's remarkable to think that 20 years ago, mothers were terrified of transmitting HIV to their child, and now we're traveling the world educating people about ways to prevent that from happening," says Glaser. The foundation also provides antiretroviral therapy to infected infants.

His efforts yield many rewards—Glaser estimates the foundation has helped 11 million women around the world. "And the reason I continue to speak for the foundation is people tell me I'm making a difference," he says. But the gratification is also deeply personal.

"It's a real treat when I meet people who knew my mom, and they say they see a lot of her in me."



Best Finishing School

MIDNIGHT GOLF isn't really about golf. Yes, the program does introduce high school kids in inner-city Detroit to driving, chipping, and putting. "But really, golf is just the carrot," says Reneé Fluker, the charismatic founder and guiding light of this unique finishing school for the underserved. "This is about teaching young people life skills."

Every year since 2001, Fluker, a retired social worker, has selected about 120 high school seniors for a comprehensive 30-week program that not only introduces the students to the sport but also pairs them with mentors who help them write résumés, apply to colleges, and learn how to thrive in a competitive world.

With the help of the Professional Golfers' Association of America, which has donated money and equipment, as well as corporate sponsors such as Pepsi, students take a spring trip to play golf and meet with college admissions officers. A stunning 83 percent of Midnight Golf graduates have gone on to college.

"When we get them, they don't know anything," she says, laughing. "And when they leave us, it's like they're all grown up."

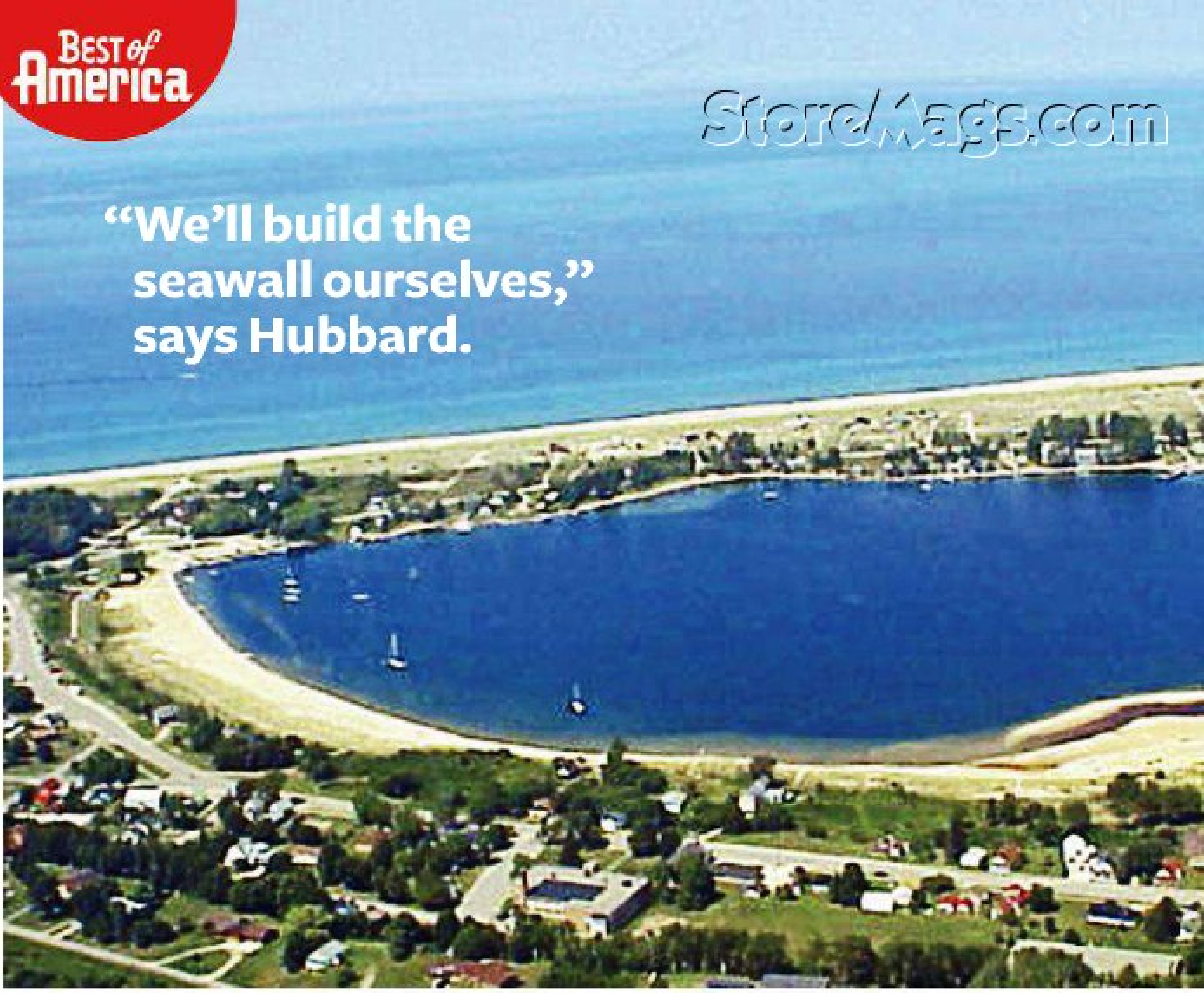
FROM LEFT: PHOTOGRAPHED BY LORI STOLL; ILLUSTRATED BY MARK MATCHO

Best Cheering Section

Tiny Grand Marais, Michigan, wins the "We Hear You, America" top prize. Read how, next page.

Foreground: Supervisor Jack Hubbard and his wife, Aleta, lead the celebration in the school gym.

PHOTOGRAPHED BY TAMARA REYNOLDS



“We’ll build the seawall ourselves,” says Hubbard.

IT MAY BE home to only 300 people, but **Grand Marais, Michigan,** can make a mighty roar. As one of the smallest entrants in *Reader’s Digest*’s “We Hear You, America” contest, the remote Upper Peninsula town received a phenomenal 1,281,724 “cheers,” or votes, to capture the top cash award. In the three-month competition, communities across the country vied for a share of the campaign’s “stimulus” money for local improvement projects. “We’re just a tiny outpost at the end of a 25-mile driveway,” says Jack Hubbard, the town supervisor. “But we have a lot of friends.”

Perhaps it was the urgent nature of its proposal: The town promised to use the $40,000 prize to help restore its status as a “harbor of refuge” to commercial and recreational vessels on the often turbulent waters of Lake Superior, which laps at the town’s edge. Over the past several decades, Grand Marais’s protective break wall has crumbled, allowing the bay to fill with sand and lowering its depth—in some places to less than four feet, far too shallow to offer a safe berth to even small boats beset by storms or mechanical difficulty along the lake’s so-called shipwreck coast.

Sadly, the cost of the break wall’s deterioration has been measured in human lives. In 2006, because the harbor was silted in, officials were unable to launch large vessels that could have rescued a group of fishermen whose boat was

Grand Marais's lovely harbor is hazardous because of its eroded seawall; top right, Lake Superior's pike; bottom right, we pay a visit.

GONE FISHING
BE BACK FOR
PIKE SEASON

GRAND MARAIS, MI
Reader's Digest
CHEER NOW!
WE HEAR YOU
AMERICA
WooHoo! #1

marooned just a few miles offshore. As the seas swelled, a rogue wave capsized the boat, flinging its passengers into 55-degree water. Three of the four on board—Willard Handrich, 90, a revered town elder; his son, Eldon, 59, a doctor visiting from Wyoming; and his daughter-in-law, Maggie, 60—perished. Then, last year, a father and his teenage son playing in four feet of water in the bay were swept away by a violent riptide.

After learning about the contest, the town, led by supervisor Hubbard, sprang into action. Campground proprietors wrote to every tourist who had ever pitched a tent by the lake, and the museum scoured its visitors' log for e-mail addresses. State TV and radio stations ran stories on the town's quest. A promotional booth was opened at a mall in Marquette, 100 miles away, and a sorority at Michigan Tech got behind the effort as a community-betterment project. "It just snowballed," says Hubbard. "People from each of the 50 states cheered for us."

The town has a long way to go to raise the $4 million needed to restore the break wall, but Hubbard is committed to enlisting the support of private foundations and the federal government (the Army Corps of Engineers built the structure around the turn of the 20th century but last maintained it in 1943). "It's ordinary people who change the world," he says, "and that's all we are, ordinary people on a mission."

FROM LEFT: COURTESY CATHY EGERER; PHOTOGRAPHED BY TAMARA REYNOLDS (2)

These towns cheered loudly too

The competition also awarded nine runners-up, four of them based on population size (500,000-plus, 250,000-plus, 100,000-plus, and 99,999 and under):

2. Fairbury, Illinois

Population: 3,968 **Cheers:** 1,184,370
Known for: Saturday-night stock car races at the American Legion Speedway.
The $25,000 prize money will be used to make the town's 100-year-old library wheelchair accessible.

3. Genoa, Nebraska

Population: 981 **Cheers:** 643,967
Known for: Annual Pawnee Days heritage festival in early summer.
The $10,000 prize money will be used to build the new Genoa municipal pool.

4. Albion, Michigan

Population: 9,144 **Cheers:** 642,616
Known for: Festival of the Forks, a September celebration of local food and crafts named after the confluence of the branches of the Kalamazoo River.
The $10,000 will be spent "in a way that benefits every citizen," says Mayor Joe Domingo. "A committee will decide."

5. Ainsworth, Nebraska

Population: 1,862 **Cheers:** 612,293
Known for: The Sand Hills Discovery Experience each July, an event at which visitors can explore the scenic Niobrara River and its surroundings.
The $10,000 will help fund an addition to the public library and build a new community pool.

6. St. Johns, Michigan

Population: 7,485 **Cheers:** 611,346
Known for: Spearmint oil. The annual Mint Festival honors area mint farmers.
The $10,000 will go toward a splash park to replace a city pool that closed in 2008.

7. Louisville, Kentucky

Population: 722,576 **Cheers:** 65,808
Known for: The Kentucky Derby and Louisville Slugger baseball bats.
The $10,000 will go toward a new roof for the tepee-shaped pavilion in Cherokee Park if more funding is found.

8. Greensboro, North Carolina

Population: 250,642 **Cheers:** 1,851
Known for: The new International Civil Rights Center & Museum, opened in 2010, 50 years after the start of the Greensboro sit-in movement, which helped reverse segregation in the South.
The $10,000 will be donated to local chapters of United Way and the Salvation Army.

9. Manchester, New Hampshire

Population: 109,000 **Cheers:** 17,692
Known for: A former mill town, Manchester produced the denim for the first pair of Levi's. It is now home to Deka Research and Development, which came up with the idea for the Segway. (It's also Adam Sandler's hometown.)
The $10,000 will be spent upgrading the gallery in City Hall, particularly the *Art on the Wall* exhibit, which features the work of local artists.

10. Jacksonville, Illinois

Population: 19,446 **Cheers:** 587,931
Known for: A three-college town, Jacksonville is also home to the Eli Bridge Company, manufacturers of Ferris wheels for more than 100 years.
At least part of the $10,000 will be spent on resuming the city's historic Fourth of July celebration for the first time in 20 years.

Best Town Names

WHAT A LONG, strange trip ... **Humor editor Andy Simmons** explains how he got his job:

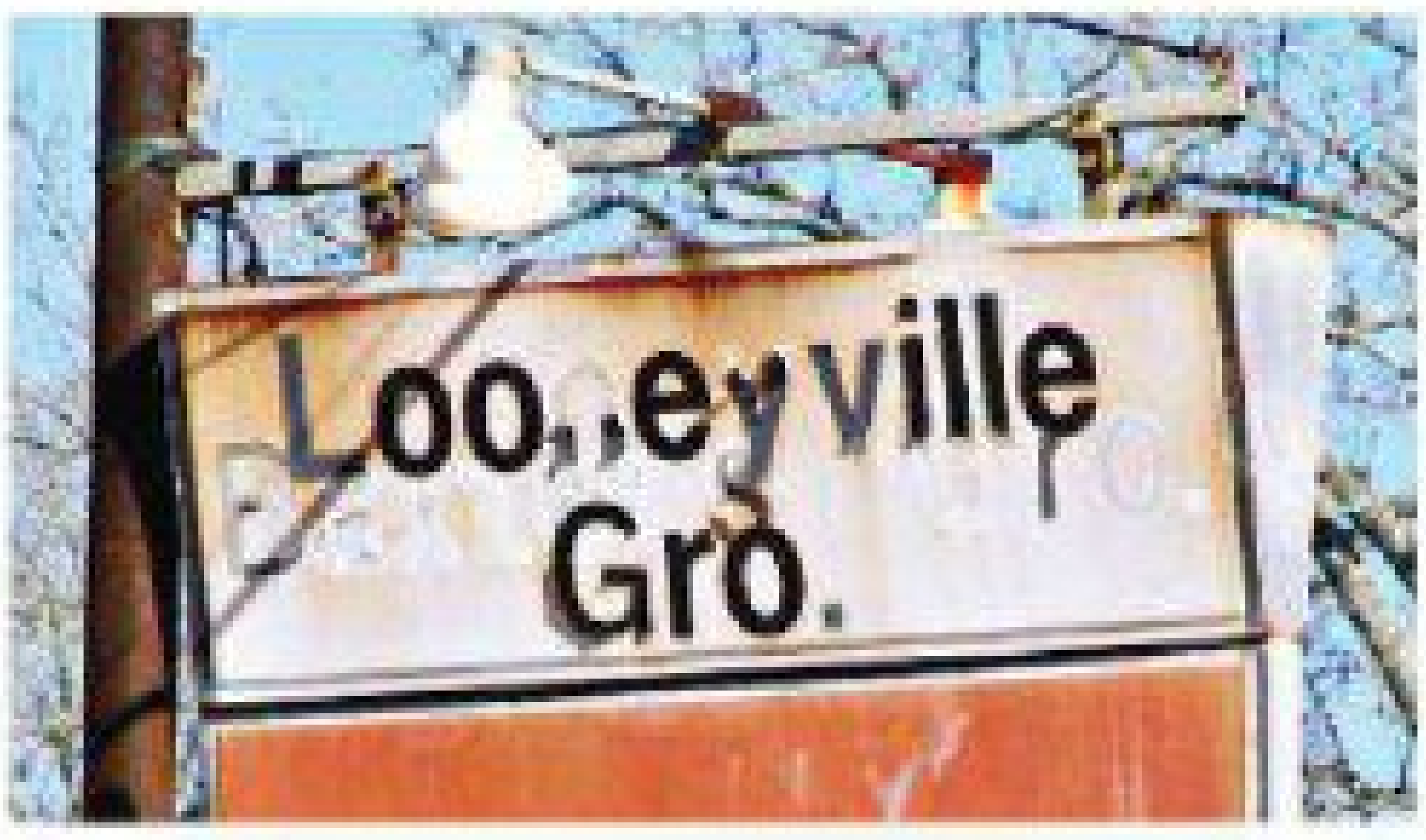
It all started in **Mars, California.** The way everyone stared at me made me feel as if I were from a different planet. After a good look at my reflection in **Monkey's Eyebrow, Kentucky,** I saw why. I put on hold my vacation to **Prettyboy, Maryland**—a trim was in order. But where? **Tater Peeler, Tennessee,** it seemed, was the logical spot. I was wrong. The barbers in **Scissors, Texas,** made a valiant effort to save my do, but it was too late: I was left down in the dumps in **Bald Head, Maine.**

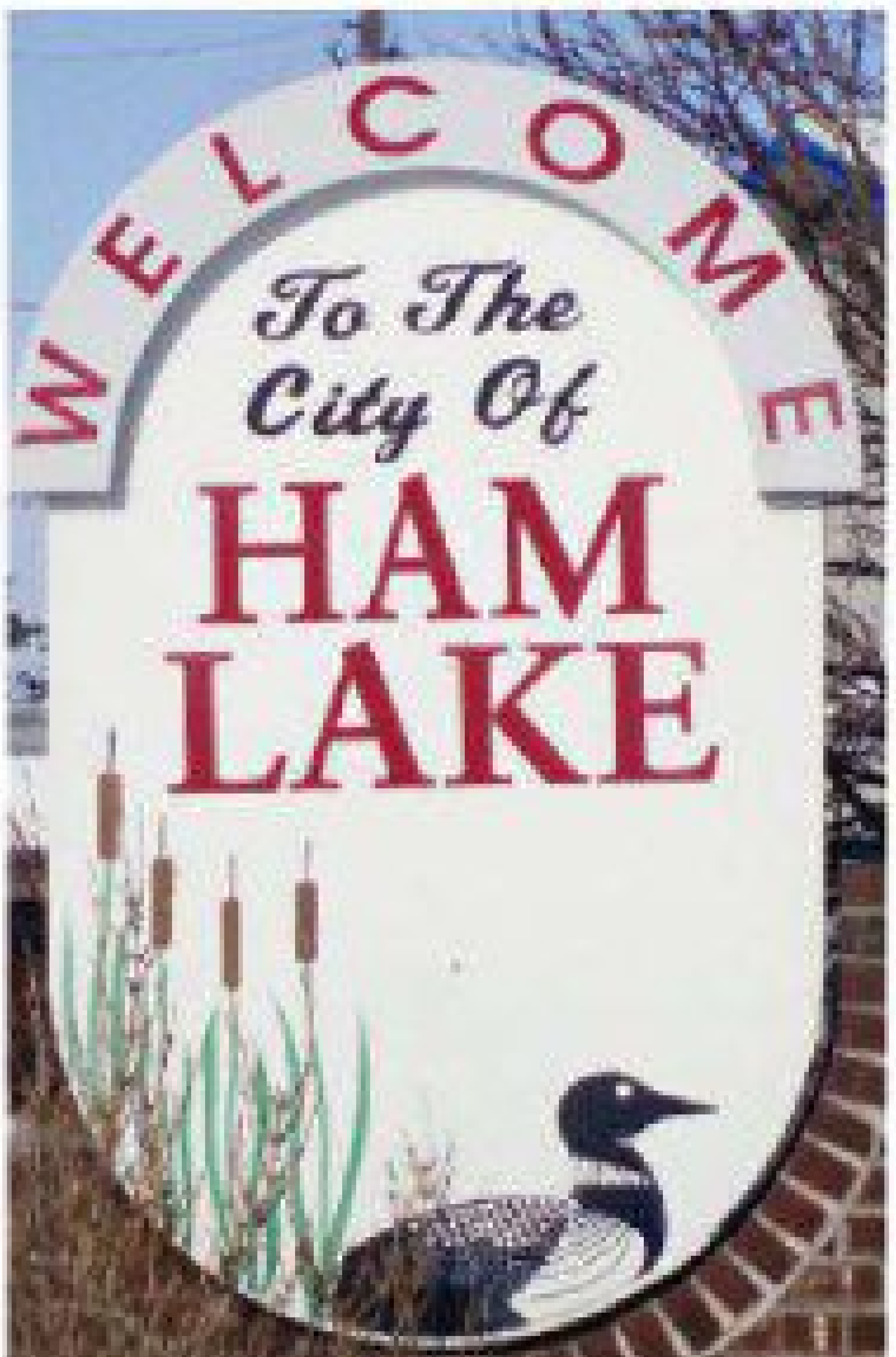
Comfort food was called for, and I found some in **Cookietown, Oklahoma.** After a month of indulgence, people wondered aloud if I were from **Chunky, Mississippi.**

"I haven't seen such cellulite since **Sandy Mush, North Carolina!**" they howled. The fat jokes got to me, so I moved to where they would never dare call me that—**Big Bone, Kentucky.** It was pure fantasyland. During the day, I swam in **Ham Lake, Minnesota;** at night I dreamed I was in **King Arthur Court, Tennessee.** All was fine as long as I got home by midnight in **Cinderella, West Virginia,** and didn't tell anyone about seeing **Unicorn, Pennsylvania.** Had I let that slip out, they'd surely have sent me straight to **Looneyville, Texas.**

But having grown up in **Tightwad, Missouri,** I wasn't about to pay the outrageous one-way fare. No, I needed someplace cheap. Too scared to fly into **Eek, Alaska,** I found an alternative lifestyle in **Gay Meadows, Alabama.** I told stories about my haircut and stumbled upon a receptive audience in **Chuckle, North Carolina,** where they swore I would kill in **Humorist, Washington.** They insisted that I take my jokes and drive down to Texas to **Jot 'Em Down.** Who was I to argue? I wasn't from **Squabbletown, California.** I knew the *Reader's Digest* editor was also staying in Texas, so I rang her doorbell in **Ding Dong.** And that, Dear Reader, is how I landed in South Dakota and in this **Jolly Dump.**

BIG BONE LICK
STATE PARK
BIRTHPLACE OF AMERICAN
VERTEBRATE PALEONTOLOGY





FROM TOP: COURTESY KY STATE PARKS; COURTESY CHUNKY TOWN HALL;
COURTESY BARCLAY GIBSON PHOTOGRAPHY; COURTESY CITY OF HAM LAKE, CITY HALL

I Recommend

Liz McMillen,
editor, *The Chronicle of Higher Education*

"Colleges have known about new ways of cheating for years. But this article by 'Ed Dante' resonated well beyond the ivory tower. Dante describes in startling detail how students in college, graduate school, and even nursing and law schools are willing to pay thousands of dollars to get someone else to write papers or complete course work for them. It's the most-read article published in the *Chronicle*'s history and a must-read for anyone concerned about the quality of higher education."

The Cheating Epidemic

A paid academic ghostwriter explains how thousands of students cheat—and why

BY ED DANTE*

FROM ***The Chronicle of Higher Education***

The request came in by e-mail around two in the afternoon. It was from a previous customer, and she had urgent business. I quote her message here verbatim (if I had to put up with it, so should you): "You did me business ethics propsal for me I need propsal got approved pls can you will write me paper?"

I've gotten pretty good at interpreting this kind of correspondence. The client had attached a document from her professor with details about the paper. She needed the first section in a week. Seventy-five pages.

Editor's note: Ed Dante is a pseudonym. The Chronicle *reviewed Dante's correspondence with clients and some of the papers he had been paid to write. Some details have been altered to protect the identity of the student.*

TOP LEFT: ILLUSTRATED BY GRAFILU

ILLUSTRATED BY TOMER HANUKA

Ethics

I told her no problem.

In the past year, I've written roughly 5,000 pages of scholarly literature, most on very tight deadlines. I've written toward a master's degree in cognitive psychology, a PhD in sociology, and a handful of postgraduate credits in international diplomacy. I've worked on bachelor's degrees in hospitality, business administration, and accounting. I've written for courses in history, cinema, labor relations, pharmacology, theology, sports management, maritime security, airline services, sustainability, municipal budgeting, marketing, philosophy, ethics, Eastern religion, postmodern architecture, anthropology, literature, and public administration. I've completed 12 graduate theses of 50 pages or more. But you won't find my name on a single paper.

I work at an online company that generates tens of thousands of dollars a month by creating original essays for cheating students. I've worked there full-time since 2004. On any day of the academic year, I am working on upward of 20 assignments.

In the midst of this great recession, business is booming. During midterms and finals, my company's staff of roughly 50 writers is not large enough to satisfy the demand.

You would be amazed by the incompetence of "college level" writing. I have seen the word *desperate* misspelled every way you can imagine. And these students truly are desperate. Some couldn't write a convincing grocery list, yet they are in graduate school. They need help learning, and, separately, they need help passing their courses. But they aren't getting it.

I live well on the desperation, misery, and incompetence the educational system has created. This year, I will make roughly $66,000. Not a king's ransom, but higher than what many actual educators are paid.

Last summer, the *New York Times* reported that 61 percent of undergraduates have admitted to some form of cheating on assignments and exams. Yet there is little discussion about custom papers and how they differ from more-detectable forms of plagiarism or about why students cheat in the first place. It is my hope that this essay will initiate such a conversation. As for me, I'm planning to retire. I'm tired of helping make America's students look competent.

It is late in the semester when the business student contacts me, a time when I typically juggle deadlines and push out 20 to 40 pages a day. I had written a short research proposal for her a few weeks before, suggesting a project that connected a surge of unethical business practices to the patterns of trade liberalization. The proposal was approved, and now I had six days to complete the assignment. This was not quite a rush order, which we get top dollar to write. This assignment would be priced at a standard $2,000, half of which goes in my pocket.

A few hours after I had agreed to write the paper, I received the following e-mail: "sending sorces for ur to use thanx."

I did not reply immediately. One hour later, I received another message:

"did u get the sorce I send
please where you are now?
Desprit to pass spring projict"

Not only was this student going to be a thorn in my side but she also communicated in haiku, each less decipherable than the one before. I let her know that I was giving her work the utmost attention, that I had received her sources, and that I would be in touch if I had any questions. Then I put it aside.

Three demographics seek my services: English-as-second-language students, hopelessly deficient students, and lazy rich kids.

From my experience, three demographic groups seek out my services: the English-as-second-language student, the hopelessly deficient student, and the lazy rich kid.

For the last, colleges are a perfect launching ground—they are built to reward the rich and to forgive them their laziness. Let's be honest: The successful among us are not always the best and the brightest and certainly not the most ethical. While the deficient student will generally not know how to ask for what he wants until he doesn't get it, the lazy rich student will know exactly what he wants. He is poised for a life of paying others and telling them what to do. Indeed, he is acquiring all the skills he needs to stay on top.

As for the first two types of students—the ESL and the hopelessly deficient—colleges are utterly failing them. Students who come to American universities from other countries find that their efforts to learn a new language are confounded not only by cultural difficulties but also by the pressures of grading. The focus on evaluation rather than education means that those who haven't mastered English must do so quickly or suffer the consequences. My service provides a particularly quick way to "master" English. And those who are hopelessly deficient struggle with communication in general.

Two days had passed since I last heard from the business student. Then, overnight, I received 14 e-mails from her. She had additional instructions, such as "but more again please make sure they are a good link betwee the leticture review and all the chapter and the benfet of my paper. finally do you think the level of this work? how match i can get it?"

I'll admit, I didn't fully understand that one.

It was followed by some clarification: "where u are can you get my messages? Please I pay a lot and dont have ao to faile I strated to get very worry."

Again I assured her I had the matter under control.

It was true. At this point, there are few academic challenges that I find intimidating. Customers' orders are endlessly different yet strangely all the same. No matter what the subject, clients want to be assured that their assignment is in capable hands. It would be terrible to think that your Ivy League graduate thesis was riding on the work ethic and perspicacity of a public-university slacker. So part of my job is to be whatever my clients want me to be. I say yes when I am asked if I have a PhD in sociology. I say yes when I am asked if I have professional training in industrial/organizational psychology. I say yes when asked if I have ever designed a perpetual-motion-powered time machine and documented my efforts in a peer-reviewed journal.

I have completed countless courses at three dozen online universities. Students provide me with passwords and user names so I can access key documents and exams. In some instances, I have even contributed to weekly online discussions. I have become a master of the admissions essay for undergraduate, master's, and doctoral programs. I can explain exactly why you're Brown material, why the Wharton MBA program would benefit from your presence, how certain life experiences have prepared you for the rigors of your chosen course of study. I do not mean to be insensitive, but I can't tell you how many times I've been paid to write about somebody helping a loved one battle cancer. I've written essays that could be adapted into Meryl Streep movies.

I've ghostwritten legal briefs, military-strategy assessments, poems, lab reports, and, yes, even papers on academic integrity.

I do a lot of work for seminary students. I like seminary students. They seem so blissfully unaware of the inherent contradiction in paying somebody to help them cheat in courses that are largely about walking in the light of God and providing an ethical model for others to follow. I have been commissioned to write many a passionate condemnation of America's moral decay as exemplified by abortion, gay marriage, or the teaching of evolution. All in all, we may presume that clerical authorities see these as a greater threat than the plagiarism committed by the future frocked.

With respect to America's nurses, fear not. Our lives are in capable hands—just hands that can't write a lick. Nursing students account for one of my company's biggest customer bases. I've written case-management plans, reports on nursing ethics, and essays on why nurse-practitioners are lighting the way to the future of medicine. I've even written pharmaceutical-treatment courses for patients who I hope were hypothetical.

I, who have no name, no opinions, and no style, have written so many papers, including legal briefs, military-strategy assessments, poems, lab reports, and, yes, even papers on academic integrity, that it's hard to determine which course of study is most infested with cheating. But I'd say education is the worst. I've written papers for students in elementary-education programs and lesson plans for aspiring high school teachers. I've written essays for those studying to become school administrators and theses for those on course to become principals. In the enormous conspiracy that is student cheating, the frontline intelligence community is infiltrated by double agents. (Future educators of America, I know who you are.)

As the deadline for the business-ethics paper approaches, I think about what's ahead of me. Whenever I take on an assignment this large, my body says: Are you sure you want to do this again? You know that for the 48 hours you dedicate to writing this paper, you will cease all human functions but typing, you will Google until the term has lost all meaning, and you will drink enough coffee to fuel a revolution in a small Central American country.

But then there's the money, the sense that I must capitalize on opportunity, and even a bit of a thrill in seeing whether I can do it.

And I can. It's not implausible to write a 75-page paper in two days. It's just miserable. When I get cranking, I can churn out four or five pages an hour. First I lay out the sections of an assignment—introduction, problem statement, methodology, literature review, findings, conclusion. Then I start Googling.

I haven't been to a library once since I started doing this job. Amazon is quite generous about free samples. If I can find a single page from a particular text, I can cobble that into a report, deducing what I don't know from customer reviews and publisher blurbs. Google Scholar is a great source, providing the abstract of nearly any journal article. And of course, there's Wikipedia, which is often my first stop. Naturally, one must verify such material, but I've taken hundreds of crash courses this way.

After I've gathered my sources, I pull out usable quotes, cite them, and distribute them among the sections of the assignment. Just give me one phrase of quotable text, and I'll produce two pages of ponderous explanation. I can say in ten pages what most normal people could say in a paragraph.

I've also got a mental library of stock academic phrases: "A close consideration of the events which occurred in _____ during the _____ demonstrate that _____ had entered into a phase of widespread cultural, social, and economic change that would define _____ for decades to come." Fill in the blanks using words provided by the professor in the instructions.

I've never had a client complain that the originality of his work was questioned. As far as I know, not one customer has been caught.

How good is the product? That depends—on the day, my mood, how many other assignments I am working on. I don't ever edit my assignments. That way I get fewer customer requests to "dumb it down." I've actually had customers thank me for being clever enough to insert typos. "Nice touch," they'll say.

The story of how I got into this job may be instructive. It is mostly about the tremendous disappointment that awaited me in college. My distaste for the early hours and regimented nature of high school was tempered by the promise of the educational community ahead, with its free exchange of ideas and access to great minds. How dispiriting to find out that college was just another place where grades were grubbed, competition overshadowed personal growth, and the threat of failure was used to encourage learning.

I was raised in an upper-middle-class family, but I went to college in a poor neighborhood. I fit in really well: After paying my tuition, I didn't have a cent to my name. I had nothing but a meal plan and my roommate's computer. But I was determined to write for a living and, moreover, to spend these extremely expensive years learning how to do so. When I completed my first novel, I contacted the English department about creating an independent study around editing and publishing it. I was received like a mental patient. I was told, "There's nothing like that here." I was told that I could go back to my classes and fill out Scantron tests until I graduated.

I didn't much care for my classes, though. I slept late and spent the afternoons working on my own material. Then a funny thing happened. My classmates saw my abilities and my abundance of free time. They saw a value that the university did not.

It turned out that my lazy Xanax-snorting, Miller-swilling classmates were thrilled to pay me to write their papers. And I was thrilled to take their money. Word of my services spread quickly, especially through the fraternities. Soon I was receiving calls from strangers who wanted to commission my work. I was a writer!

Nearly a decade later, students, not publishers, still come from everywhere to find me.

I understand that in simple terms, I'm the bad guy. But pointing the finger at me is too easy. Say what you want about me, but I am not the reason students cheat.

You know what's never happened? I've never had a client complain that the originality of his work had been questioned, that some disciplinary action had been taken. As far as I know, not one of my customers has ever been caught.

With just two days to go, I was finally ready to throw myself into the business assignment. I caged myself in my office and went through the purgatory of cramming the summation of a student's alleged education into a weekend. Try it sometime. After the 20th hour on a single subject, you have an almost-out-of-body experience.

My client was thrilled with my work. She told me that she would present the chapter to her mentor and get back to me with our next steps. Two weeks passed, by which time the assignment was but a distant memory, obscured by the several hundred pages I had written since. On a Wednesday evening, I received the following e-mail:

"Thanx u so much for the chapter is going very good the porfesser likes it but wants the folloing suggestions please what do you thing?:

" 'The hypothesis is interesting, but I'd like to see it a bit more focused. Choose a specific connection and try to prove it.'

"What shoudwe say?"

This happens a lot. I get paid per assignment. But with longer papers, the student starts to think of me as a personal educational counselor. She paid me to write a one-page response to her professor, and then she paid me to revise her paper. I completed each of these assignments, sustaining the voice that the student had established and maintaining the front of competence.

The 75-page paper on business ethics ultimately expanded into a 160-page graduate thesis, every word written by me. I can't remember the name of my client, but it's her name on my work. We collaborated for months. As with so many other topics I tackle, the connection between unethical business practices and trade liberalization became a subtext to my everyday life.

So, of course, you can imagine my excitement when I received the good news:

"thanx so much for uhelp ican going to graduate to now." ■

© 2010 BY ED DANTE. *THE CHRONICLE OF HIGHER EDUCATION* (NOVEMBER 2010), WASHINGTON, D.C. 20037.

Quick Study

The Royal Wedding of Kate & Will

BY HILARY STERNE

More than $16 million will be spent, and some four billion people around the world will watch. Here's how the young couple will pull it off.

BRING ON THE SENTIMENT
There will be one glaring absence on the big day: the mother of the groom, whom William has called "quite simply, the best mum in the world." So it was fitting (and poignant) when Wills proposed to Kate with his mom's 18-carat sapphire-and-diamond engagement ring.

DON'T LOOK GREEDY

Royal aides say the couple is asking that guests donate to charity in lieu of sending presents because those bestowed on royals in the past can be, well, a bit impractical. When the Queen Mum and George VI were married in 1923, they were given 1,000 gold-eyed needles.

ARRIVE (OR AT LEAST DEPART) IN STYLE

Kate has said she'd prefer to make her way to the ceremony by car rather than in the traditional, Cinderella-esque "glass coach," though she will depart by carriage. One possible reason besides thrift? She's allergic to horses.

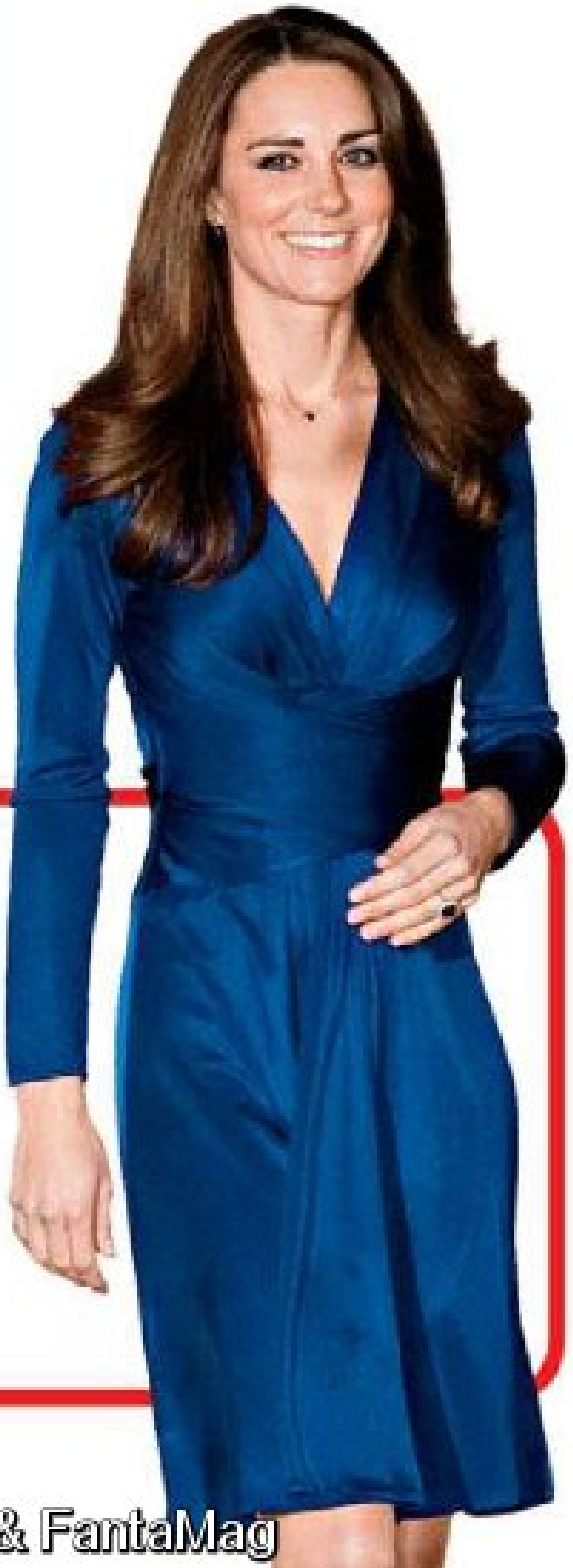
BUT SPILL SOME DETAILS

Before the official press conference, Will and Kate's engagement was announced online, followed by news that the happy couple would be married at Westminster Abbey by the archbishop of Canterbury and that the Queen would throw a traditional reception at Buckingham Palace. But that was enough tradition for the modern couple. The real party will be a private dinner and dance for close friends and family only.

Westminster Abbey

KEEP THE PLANS A SECRET

Everyone loves surprises, right? The Brits are mad for Kate's fashion sense. So much so that the royal blue dress the five-foot-ten, size-two beauty wore to announce her engagement—made by Issa, one of her favorite designers—sold out on net-a-porter .com within 24 hours. But the bride has kept mum about her wedding gown.



WARDS/AFP/GETTY
IMAGES; DAN KITWOOD/AFP/GETTY IMAGES; SAMIR HUSSEIN/WIREIMAGE/GETTY IMAGES

DO A FEW DRY RUNS FIRST

Two rehearsal carriage rides will take place before the big day, the first for pacing and the second—in the dead of night—with the actual royal carriages carrying people of exactly the same weight as the wedding party. Then coachmen will adjust the springs so that the carriage "doesn't sway too much and make the passengers sick," says a former driver.

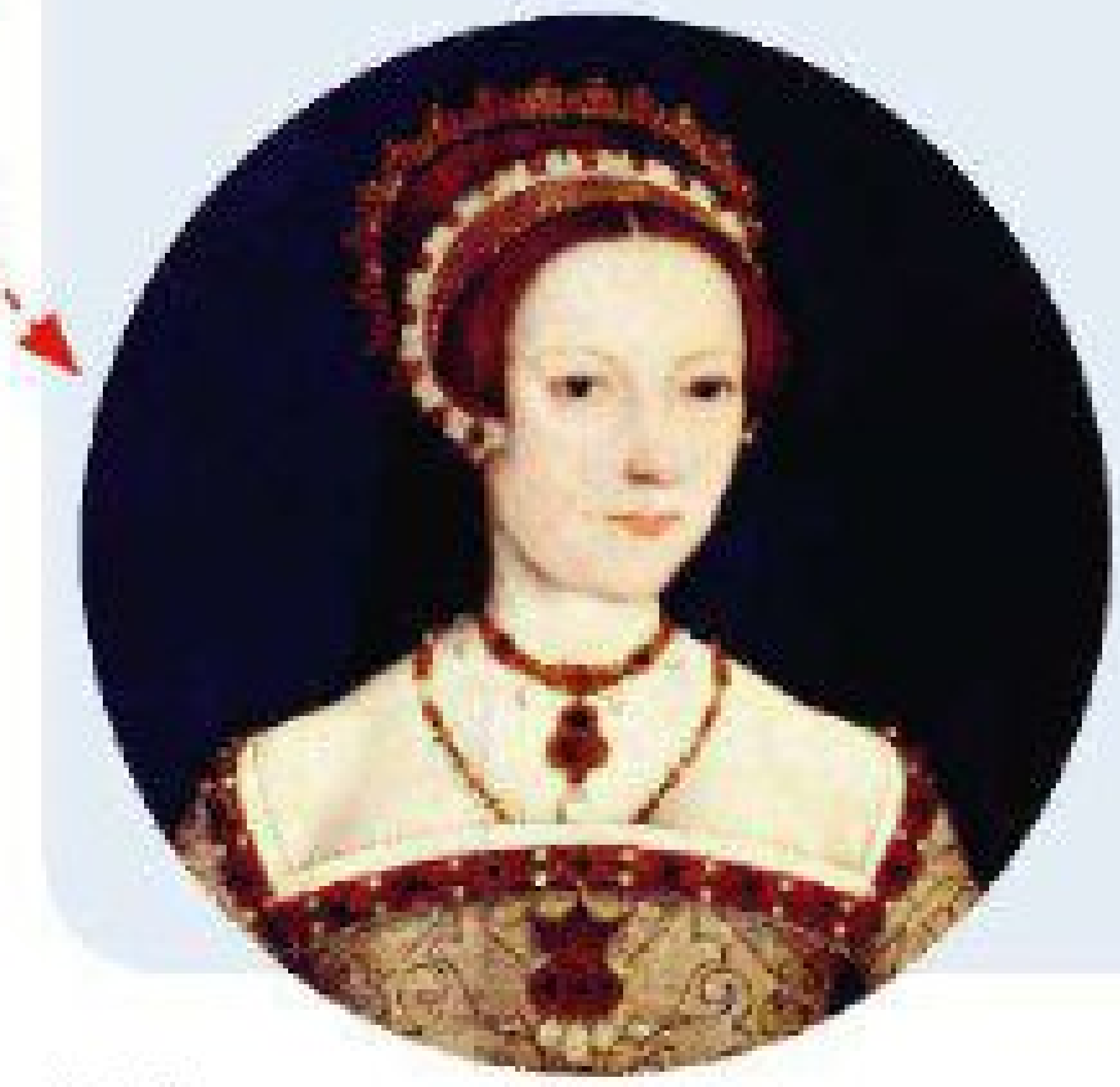
FROM TOP: TERRY FINCHER/PRINCESS DIANA ARCHIVE/GETTY IMAGES; MASTER JOHN/NATIONAL PORTRAIT GALLERY LONDON, UK/BRIDGEMAN

KEEP SECURITY TIGHT All trash bins along the route will be sealed ahead of time to prevent anyone from hiding a bomb inside them. On the wedding day itself, all rooftops will be covered by police to foil potential snipers. Kate will be followed "from the moment she gets up in the morning," says Alex Bomberg, a former royal aide. While the royal family will pay for the wedding itself, the security, paid for by the public, is estimated to cost at least $8 million.

ROYAL WEDDING TIME LINE

C. 765 / Cynethryth marries Offa—the first "King of the English"—with church approval.

July 12, 1543 / Catherine Parr becomes the sixth and last wife of Henry VIII, the most married royal.



July 28, 1683 / Queen Anne weds Prince George of Denmark. Despite giving birth 17 times, she leaves no heirs.

February 10, 1840 / Queen Victoria chooses a white wedding gown when she marries the man she calls "my precious Albert"—sparking a trend that continues to this day.

April 26, 1923 / The commoner who would later become known as the Queen Mum weds the future King George VI. The couple celebrates with an 800-pound wedding cake.

December 11, 1936 / Edward VIII abdicates the throne (to his brother Bertie) to marry the twice-divorced American socialite Wallis Simpson.

CLOCKWISE FROM TOP LEFT: CARL COURT/AFP/GETTY IMAGES; AFP/
GETTY IMAGES; KEYSTONE-FRANCE/GAMMA-KEYSTONE/GETTY IMAGES

DON'T FORGET SOUVENIRS

The wedding will likely generate some $1 billion in revenue. And a chunk of that will come from the mugs emblazoned with the couple's likeness, as well as unauthorized items such as tea towels—and even condoms.

William & Catherine

November 20, 1947 / Princess Elizabeth weds Philip, Duke of Edinburgh, a man she first met when she was eight.

May 6, 1960 / Princess Margaret and Antony Armstrong-Jones are wed on TV—a royal first.

July 29, 1981 / Lady Diana Spencer, the first royal bride in history to omit the word *obey* from her wedding vows, marries Prince Charles.

June 19, 1999 / It is reported that at the reception for Prince Edward and Sophie Rhys-Jones, the Queen dances to the Village People's "Y.M.C.A."

April 29, 2011 / Prince William and Catherine Middleton will wed at Westminster Abbey.

You can't undo brain damage from sports concussions, says activist Chris Nowinski.

StoreKags.com

The Brain Fixers

How did three regular people change the way scientists, the military, and pro sports deal with deadly head injury? With plenty of nerve—and a lot of heart.

BY KATHERINE GRIFFIN

TOP: STEVE DRESSLER/GETTY IMAGES

At last, we've begun to rescue the brain from the hits it's been taking. Over the past few years, scientists and leaders in many different fields have turned their attention to traumatic brain injury (TBI) and how to prevent, diagnose, and treat it. Their concerns have brought swift and effective changes: American soldiers are now held back from combat and checked for mild TBI if a roadside bomb explodes near them. The National

PHOTOGRAPHED BY JASON GROW

Football League (NFL) and the National Hockey League have recently prohibited some of the most violent hits and checks to the head, suspending players who break the new rules. And there's a new emphasis in youth sports on teaching safety as well as skills—and a new urgency among doctors to understand how best to treat children who suffer a head injury in an accident or an episode of abuse.

Some of the recent successes can be traced to scientists' growing understanding of how the brain works. When Representative Gabrielle Giffords was shot in Tucson, in January, for instance, her promising early prognosis was due in part to the advances doctors have made in handling head-wound emergencies. But just as much credit is due to the victims of head injuries and the loved ones who have cared for them. They have fought for better treatment, education programs, and research on behalf of all TBI sufferers. Here are three who have made a difference.

Tackling Concussions Head-On

Chris Nowinski is probably the only former professional wrestler to head up a brain-research institute. There's a connection: It was a swift kick to the head in the ring that propelled him toward his true calling.

The nasty blow caught him under the chin one night in 2003, when Chris, a recent Harvard grad and football star who had chosen a quirky career path, was grappling in a World Wrestling Entertainment match in Hartford, Connecticut. The kick slammed him onto his back. The pain in his head was excruciating: He didn't black out, but he had no idea where he was or why he was there.

Somehow, Chris finished the match and several more over the following weeks, despite headaches that left him incapacitated with nausea, pain, and a foggy mind. "I kept getting lost," he recalls, "and I couldn't remember meeting people."

Then, one weekend, after wrestling on successive nights, he fell apart. He bolted from his bed in the middle of the night, screaming and clawing at the wall, terrifying his girlfriend. Nowinski remembers only that he woke up on the floor, surrounded by shards of glass from the broken nightstand.

His ordeal led him to Robert Cantu, MD, a neurosurgeon and a concussion expert, who ordered him to take a break from all sports so that his injured brain could heal. That sabbatical, which turned out to be permanent, has been a boon for athletes everywhere. Largely because of Chris, contact-sports officials have adopted new medical protocols for diagnosing, treating, and monitoring sports-related traumatic brain injury. Most important, they've stopped injured athletes from returning to competition until they've had a chance to heal. Officials have also instituted many rule changes to prevent brain injuries.

As he researched his own condition, Chris discovered other athletes who had suffered lasting damage from collisions on the field.

In his office at Boston University, Dr. Cantu questioned Chris about his recent symptoms and then about his football days in high school and at Harvard, where he'd been an all-Ivy defensive tackle. As they talked, Chris realized he'd probably had at least a half dozen concussions on the gridiron.

Dr. Cantu told Chris that he was suffering from post-concussion syndrome. When the head is hit hard, the impact can cause the brain, which has the consistency of Jell-O, to slam into the inside of the skull. The brain responds by unleashing a flood of chemicals that scramble the communication between brain cells. Most of the time, symptoms fade in a matter of days, as the tissue recovers. But in some cases—especially when the trauma is repeated—the damage can be severe and long-lasting, or even fatal. "He should have been advised to stop wrestling" while he was having concussion symptoms, Dr. Cantu says. "But he suffered more trauma in the ring. That exponentially worsened his condition."

While his brain healed, Chris read medical articles. He had worked as a pharmaceutical consultant after college, so he knew how to decipher scientific studies. At first, he simply wanted to understand more about what was happening to him. But the more he learned, the deeper he wanted to dig.

He started reading news accounts about injured athletes, such as Jacob Snakenberg, a high school football player in Denver who had collapsed after a routine tackle and died the next day. The cause of the collapse was a mystery until the doctor who operated on Snakenberg saw signs of extensive trauma to the head; his friends recalled previous hits, including a helmet-to-helmet collision. The developing brains of teenagers are uniquely vulnerable to what's called second-impact syndrome (SIS), Chris learned. If there's a second jolt to the brain—even a minor one—before it has recovered from a concussion, the blow can kill.

Chris found it disturbing that, in all his years as an athlete, he had never heard of SIS. And the more he read, and the more suffering families he talked to, the more he was convinced that sports concussions were a major public health problem. In 2006, he summarized his findings and concerns in a book, *Head Games: Football's Concussion Crisis.*

The book brought attention to the problem, but that wasn't enough for Chris—the next year, he founded the Sports Legacy Institute to educate parents, coaches, and kids about how to avoid head trauma. He also trained his focus on chronic traumatic encephalopathy (CTE), a neurodegenerative condition that is brought on by repeated blows to the head that can cause dementia and crippling depression. CTE had already been implicated in the death of former Pittsburgh Steelers player Mike Webster, 50. So in late 2006, when Chris read about the suicide of former Philadelphia Eagles player Andre Waters at the age of 44, he called the medical examiner to suggest he examine Waters's brain. The coroner wasn't interested. "I was just a guy with a theory," Chris says wryly. "Apparently they get a lot of calls from guys with theories."

Chris took a deep breath and called Waters's family. An examination revealed that Waters's brain—rattled by 15 concussions during his career—was also riddled with a protein that is the hallmark of the devastating condition. The discovery was one of several that convinced Chris and Dr. Cantu and several colleagues to start the Center for the Study of Traumatic Encephalopathy (CSTE) at Boston University.

Step by step, Chris's mission gained traction. New laws aimed at preventing concussions in high school athletes have been passed in 11 states, and simple rule changes in such youth sports as hockey have dramatically reduced the number of hits to the head. "When coaches can see pictures of damaged brains, they get it," Chris says.

At first, the NFL resisted the idea

Eleven states have new rules to protect young athletes. "When coaches see pictures of damaged brains, they get it."

StoreKags.com

that routine play could threaten athletes' brains. But the league has come around, upgrading its medical monitoring of players with concussions and banning some types of hits to the head. Other sports have followed its lead: A rule change this year in professional hockey calls for an automatic penalty—and sometimes even suspension—for an illegal head check. And more than 300 athletes have now pledged that when they die, their brains will be donated to the CSTE in hopes of helping others. Most of the time, they've made that promise directly to Chris. (Tragically, former Super Bowl champion Dave Duerson made a similar bequest in his suicide note last February.)

"If you know Chris, deep down, he would probably rather still be prancing around in his wrestling trunks," Dr. Cantu says. "But he's helping many more people now."

Fighting a One Woman Campaign

In early 2004, as she approached her fiancé's bedside at a military hospital in Germany, Sarah Dent vowed to keep her composure. She knew he was in precarious shape. Ted Wade, a soldier with the 82nd Airborne Division, had been on patrol in Mahmudiyah, Iraq, when an improvised explosive device (IED) tore through his Humvee, severing his right arm, riddling his legs with shrapnel, and breaking his foot. Worse, the powerful blast wave had rocked his brain, and he now lay in a deep coma.

She kept herself together—mostly. "I wanted to kiss him," she says, her voice matter-of-fact. "But I couldn't figure out how even to reach him—he had three different IVs, a ventilation tube, and a feeding tube. It was the hole in his head and the tube coming out of it that really got to me." Her concern was borne out by his EEGs: They had nearly flatlined, indicating very little brain activity.

Though his best friend had been told to get ready to escort Ted's body home, the neurosurgeons refused to give up. Airlifted back to the States, Ted finally started to regain consciousness a couple of months later. At Walter Reed Army Medical Center in Washington, D.C., and then at the VA Hospital in Richmond, Virginia, Ted received first-rate medical care and rehabilitation, just as Sarah expected he would.

But at a crucial stage in his recovery, Ted's support system simply collapsed. Slowly, Sarah—now Sarah Wade—began to realize that the military health-care system was not equipped to help soldiers suffering from traumatic brain injury, the "signature wound" of 21st-century wars fought with IEDs and rocket-propelled grenades.

Her one-woman campaign to improve the lot of brain-injured warriors began when Ted, then 26, was released from the VA hospital in Richmond in September 2004 and

Sarah Wade is a "very effective voice" for wounded veterans, said President Obama.

placed in one of the VA's extended-care facilities in Durham, North Carolina, not far from the couple's home in Chapel Hill. He was beginning to recover his memory and, haltingly, his speech. Though it was clear his progress would be measured over years, not months, they were hopeful he would continue to improve at the nearby facility.

But Ted and Sarah were shocked by what they found there. Their first sight was of several elderly men in wheelchairs who seemed unaware of where they were. The intake nurse's badge identified her as a geriatric nurse-practitioner. Ted's roommate was a World War II veteran who was three times his age.

> **"They wanted to put Ted in an adult day care program," Sarah says. "That's when I really went on the warpath."**

"It was a glorified nursing home," Sarah says. "They were caring, but his therapists just didn't have the expertise for his age and injury."

Over the next few weeks at Durham, Ted grew increasingly isolated and depressed. He called Sarah constantly, and when she was able to take him on outings, he didn't want to go back. "He had the sense that he'd been thrown away," she says.

After five weeks, Sarah had had enough. She pleaded with VA officials in Washington to get him expert rehab, and after another evaluation at Walter Reed, a neuropsychologist there signed off on the idea. Ted began receiving treatment at a specialized clinic in Chapel Hill, and he made steady progress. But six months into the regimen, the VA informed Sarah that coverage for Ted's private rehab was being discontinued because his condition had "stabilized."

"They wanted to put him in an adult day care program," Sarah says. "That's when I really went on the warpath."

Through a contact from Walter Reed, she and Ted wrangled an appointment with Gordon Mansfield, then deputy secretary of Veterans Affairs. "I wanted him to see that Ted was physically and mentally capable of going out and doing things," she says. "I wanted him to see the person they were trying to lock away for the rest of his life."

Looking out at the White House from Mansfield's office window, Sarah couldn't quite believe she was making a direct appeal to such a high-ranking official. She was trembling from nerves, she recalls.

But she sensed that a constituency

COBURN DUKEHART/NPR/REDUX

of thousands had her back. She'd heard the families of other wounded vets she had met at Walter Reed complain about the same obstacles. The military's systems of care, developed during earlier conflicts that had produced different kinds of injuries, weren't set up to handle the complex needs of young TBI sufferers like Ted. She was making her case not just on behalf of her husband but also for the thousands of other brain-injured warriors returning home to languish.

The one-hour meeting stretched into two. Mansfield, who served in

Inside the Brain

A blow to the head can do major damage without so much as leaving a bruise—and scientists are still figuring out how, says Douglas Smith, MD, director of the Center for Brain Injury and Repair at the University of Pennsylvania. Here's what they think is going on inside the skull.

In the first few seconds

If you hit your head in a car accident, the sudden stop can break your brain—literally. Inside, nerve fibers—tiny tubes transporting proteins within brain tissue—snap, and sodium ions rush in, which is like pouring salt water on an electrical circuit: Your brain's communication system temporarily short-circuits. You might black out.

Over the following hours and days

Now the real damage starts. Some nerve fibers die, making it harder for your brain to work. Others burst open and spew sticky molecules that can clump to form Alzheimer's-like plaques. Still other nerves start to degrade due to the ongoing shorting of the electrical system.

Eventually, surviving nerves restructure themselves to boost your sluggish thinking. But researchers suspect they remain vulnerable: Even a tiny bump to the head can cause major damage, called second-impact syndrome. No one knows how long you're at risk—perhaps a few weeks, perhaps a lifetime.

Over the long term

Living with damaged brain nerves can be like flying with just one engine: You might get by in calm skies, but turbulence (such as stress from disease or aging) can mean catastrophe, including slowed thinking, depression, memory problems, and even early-onset dementia or Alzheimer's disease.

No one knows how thoroughly an injured brain can recover or who is likely to fare better, but scientists are investigating a few key genes that might allow some people to heal more fully than others. That could lead to better-designed drugs for everyone.

Regina Nuzzo

Vietnam, had returned in a wheelchair and later helped lead the Paralyzed Veterans of America. "He could completely understand what I was talking about," Sarah says. "His generation's advocacy was the reason the VA has extensive spinal rehabilitation."

After the meeting, things changed quickly. The VA sent directives to its medical centers instructing them to provide young veterans with better access to private care when the VA's offerings weren't a good fit.

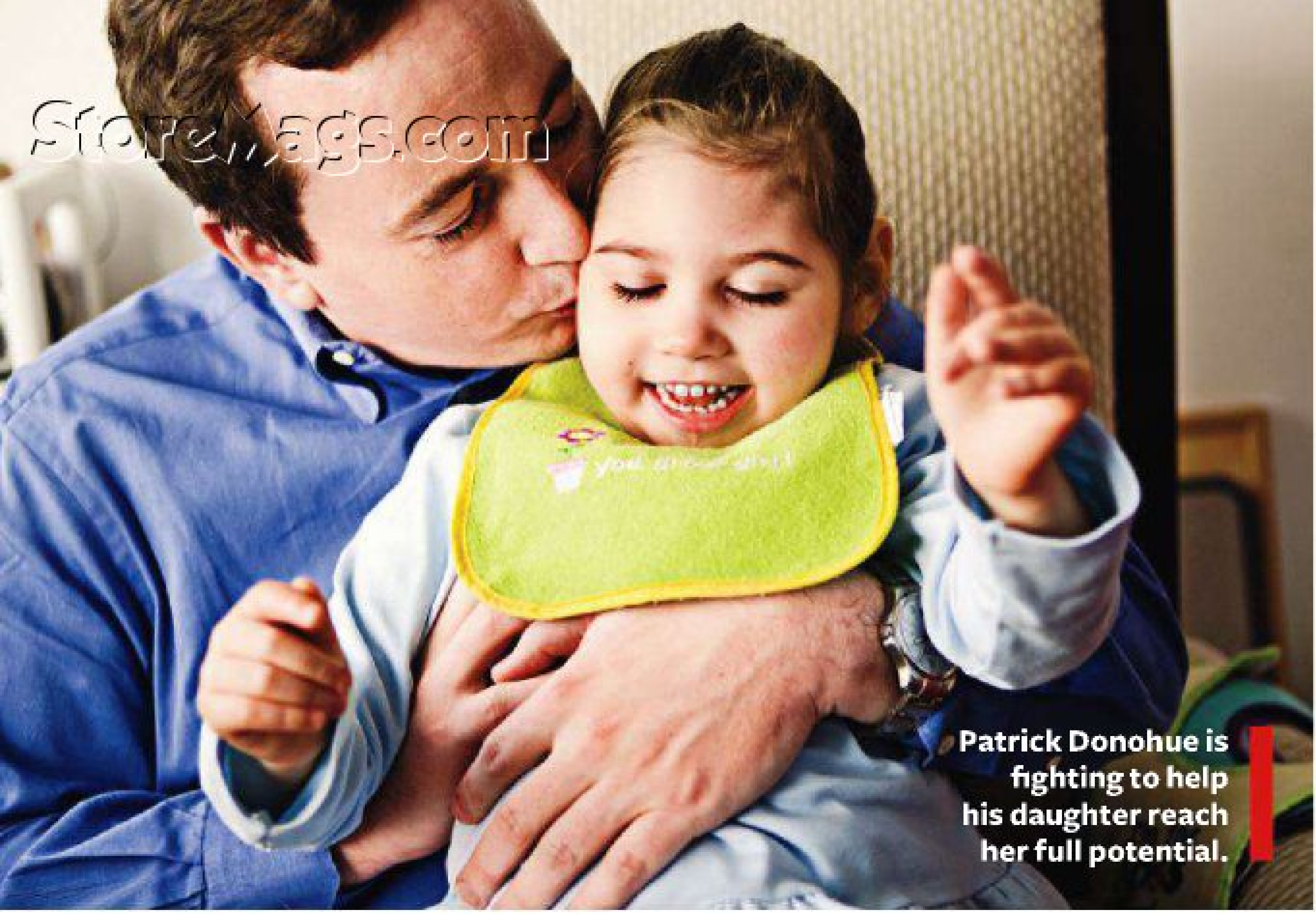
Since that visit to Mansfield's office, Sarah has testified numerous times on Capitol Hill and met with dozens of military and government officials. "One of my friends said, 'You go to Capitol Hill the way I go to the grocery store,'" she says. She works part-time as a legislative liaison for the Wounded Warrior Project. Ted still struggles with his speech, but whenever his health allows, he does volunteer work at the North Carolina Botanical Garden and the couple's local food co-op.

Sarah's fight isn't over, though. The Caregivers and Veterans Omnibus Health Services Act, signed into law by President Obama last May, gives the VA wider latitude to contract with private providers for care. The act also provides a stipend for people like Sarah, who care full-time for an injured military family member. It was a major achievement, and President Obama invited Sarah and Ted to the White House to witness the bill's signing. During the ceremony, as they stood near him, the president singled out Sarah, calling her "a passionate and very effective voice on behalf of wounded warriors and their families."

But though the act was supposed to take effect on January 30, many of its most important provisions hadn't been put into action at press time. Equally disturbing to Sarah, the Pentagon's own health plan recently announced that it wouldn't cover cognitive rehabilitation therapy for service members with TBI.

Just as she did when she approached her wounded fiancé's bedside in Germany, Sarah keeps it together and continues to move forward. "I'll do whatever it takes to get what Ted needs, but that's not enough," she says. "If there's something wrong with the system, we have to fix it."

"It was as if someone gave you a book on pediatric brain injuries, but when you opened it, the pages were blank."



Patrick Donohue is fighting to help his daughter reach her full potential.

Saving the Littlest Brains

The days after Sarah Jane Donohue was born were some of the happiest of her father's life. The weeks that came after were some of the saddest.

Sarah Jane was a beautiful newborn, with dark hair and peachy skin. And she was healthy—"perfect," her father, Patrick, says.

But on her sixth day—June 11, 2005—Sarah Jane seemed lethargic. She had stopped nursing, and a lactation specialist couldn't help. When, at 12 days old, Sarah Jane was no better, Vanessa, the baby's mother, and Patrick took her back to the hospital. One image from that day is seared into Patrick's memory. "They were trying to hook her up to an IV," he says. "Her mouth was open, and tears were falling. But she couldn't cry. She didn't have a voice."

An X-ray revealed broken collarbones and four broken ribs—injuries typical of shaken baby syndrome. As with most cases, the damage to her tiny brain was extensive and likely permanent.

Within days, police had a confession from the baby's nanny, Noella Allick, who is now serving a ten-year prison term for assault.

Devastated, Patrick, a political consultant and fund-raiser, phoned every expert he could think of, asking how to proceed with her care. The almost universal response: "We don't know."

PHOTOGRAPHED BY JASON GROW

"It was as if someone gave you a book on pediatric brain injuries, and you opened it, and it was blank," he says. Patrick vowed to do all he could to ensure that researchers at least begin to fill in the first chapters.

In October 2007, he created the Sarah Jane Brain Foundation. His initial goal was simply to put Sarah Jane's medical records online. "I wanted some scientist awake at 3 a.m. to look at her EEGs, maybe see something that no one else had seen," he says.

The next year, Patrick consulted pediatric brain injury expert Roberta DePompei of the University of Akron. She said it would be helpful to know how brain-injured children fared over the long term after receiving different kinds of treatment, so that doctors could begin to get a handle on which therapies worked best. "I just stopped her," he recalls. "I said, 'You mean no one has put a penny into a best-practices study, and there's no long-term data on these kids?'"

That conversation became the catalyst for the foundation's most ambitious effort to date. In January 2009, Patrick brought together more than 60 leading researchers and clinicians to outline the first national model system of care for preventing, researching, and treating pediatric brain injuries. A resolution affirming the plan has been signed by more than 100 cosponsors in the House of Representatives.

"For the first time in my 35-year career, I believe we have an opportunity to really make a difference," says rehabilitation specialist Ron Savage, president of the North American Brain Injury Society and a member of the foundation's advisory board.

Today, Sarah Jane, unable to walk or to communicate in words, attends a kindergarten for children with special needs. On Saturdays, Patrick takes her to the playground near his apartment and pushes her in the special swing there. (Her parents' marriage ended six months after she was born, and Patrick has full custody.) Sarah Jane sails back and forth, the wind rushing in her face, her wide smile conveying pure delight.

As Patrick stands beside her, a smile crosses his face too. He has learned to view the uncharted terrain as a place where anything is possible. "We're developing a system," he says, "so miracles can happen." ■

WHAT A LONG, STRANGE TRIP IT'S BEEN

If all the cars in the United States were placed end to end, it would probably be Labor Day Weekend. *Doug Larson*

I'm not afraid of flying. I'm afraid of crashing. *Neil Simon*

No matter how many times I visit New York City, I am always struck by the same thing: a yellow taxicab. *Scott Adams*

The Essential Guide to Deeper Sleep

They may have never set foot in a sleep lab, but these unusual experts know the secrets of snooze

BY MICHELLE CROUCH

You're *trying* to get a good night's sleep. You pour your last cup of coffee for the day approximately five minutes after you get up in the morning, and your bedtime routine is so calming, it could put a wired four-year-old into a coma. You banish worries by writing them down in a special notebook you keep by the bed, right next to your warm milk and drug-free, homeopathic, fragrance-based sleep aids. So why do you still find yourself staring at the ceiling? It's time to listen to what some unexpected experts have to say. Their jobs don't necessarily include long hours in a laboratory studying sleep problems, but what they know about a multitude of other irritants—stomach ills and back pain and windows in need of shades—just might put you out for the night.

GET THE BASIC EQUIPMENT RIGHT

"You don't need a really expensive mattress or one with a lot of space-age bells and whistles. There's really only one good study on mattresses, and it confirmed the Goldilocks theory: Most people prefer a mattress that's not too hard and not too soft. So look for something medium firm."

Andrew Hecht, MD, orthopedic surgeon and co-chief of spine surgery at Mount Sinai Medical Center, New York, New York

"If your mattress is eight to ten years old, you probably should get a new one. Seventy-two percent of people we surveyed recently said they slept far better on their new mattress than they did on their old one."

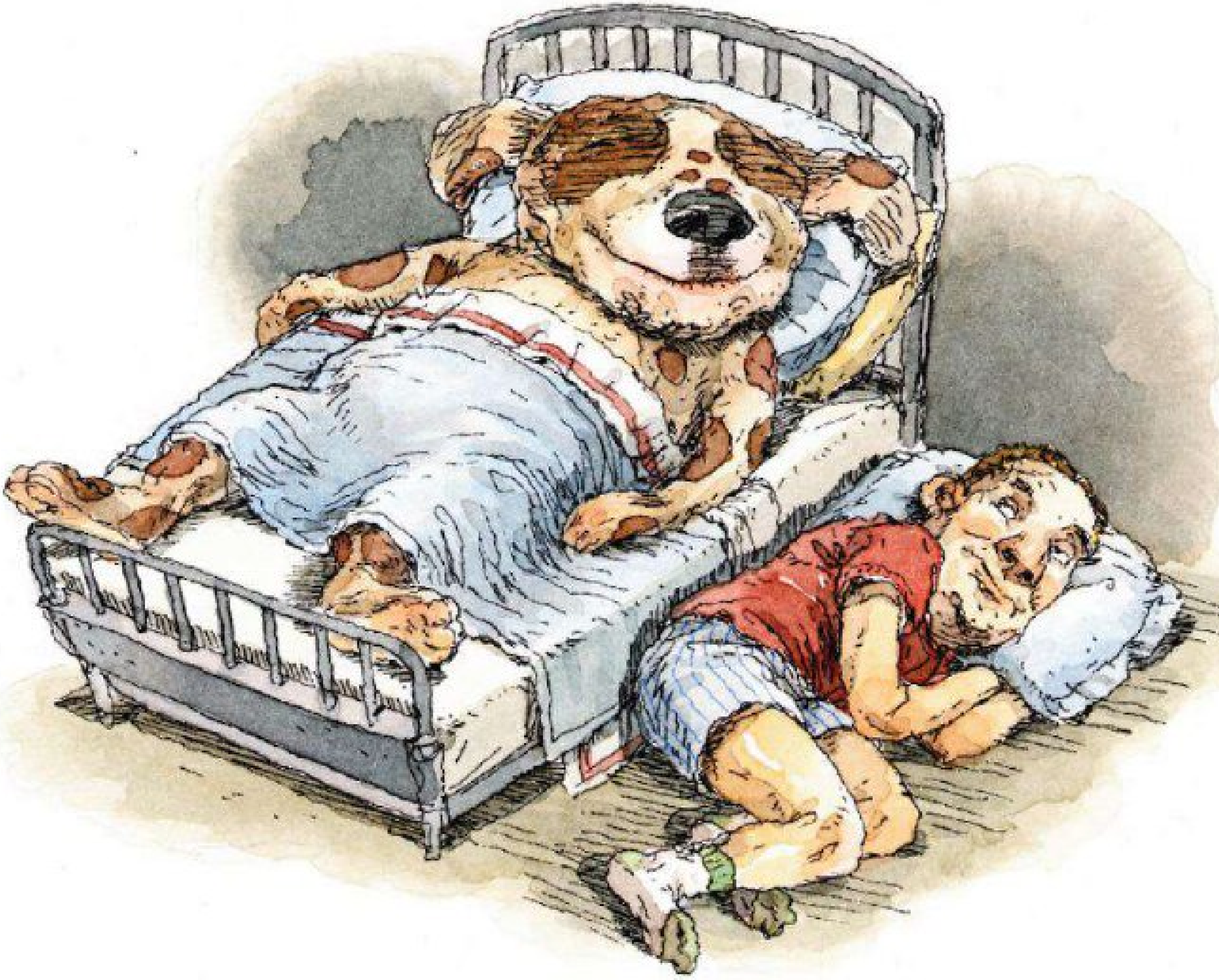
Kim Kleman, editor in chief, *Consumer Reports*

"Memory foam is very temperature dependent. The foam can get a little hard in a cold bedroom. And if you're a hot sleeper, it may make you hotter."

Alan Hedge, PhD, professor of ergonomics at Cornell University, Ithaca, New York

"If you can, try the type of mattress you're considering in a hotel or at a friend's house. Some stores may even let you sleep on it for a night. Some mattress companies will also give you

ILLUSTRATED BY JOHN CUNEO



A white noise machine can keep your pet from waking you.

a full refund if you don't like it after a month." *Maxwell Gillingham-Ryan,* cofounder of the Apartment Therapy website

"I'm not a fan of sleeping with two pillows if you're a back sleeper because it makes your upper back curve and strains the neck and back. If you need to sleep up high for medical reasons, get a wedge and put your pillow on it."

Karen Erickson, a chiropractor in New York, New York

IT COULD ALL BE IN YOUR HEAD

"My research has found that any new smell, even one associated with relaxation, like lavender, can make you more alert and vigilant. You're better off with a scent that makes you feel safe and comfortable. There really is something to cuddling up with your spouse's undershirt."

Pamela Dalton, PhD, odor-perception expert and sensory psychologist at Monell Chemical Senses Center, Philadelphia, Pennsylvania

"We expect to sleep for eight solid hours, but that's actually not normal compared with global populations and our own evolutionary history. People naturally wake up two or three times a night. It's worrying about it that's the problem."

Carol Worthman, PhD, an anthropologist at Emory University in Atlanta, Georgia

MAKE SLEEPING PETS LIE

"You may not need a white noise machine, but your dog might. A lot of dogs are very sensitive to noises outside, like other dogs barking or neighbors coming home late. A white noise machine or fan will drown out the noises that are keeping your pet up, which will keep your pet from waking you."

Tracey Schowalter, pet-training consultant at Puppy Adept in Gainesville, Georgia

"Dogs sleep when they're bored. If you keep them awake during the day, they're more likely to sleep at night."

Kathy Diamond Davis, author and dog handler in Oklahoma City, Oklahoma

"English bulldogs, pugs, and other dogs with short faces often have sleep apnea, which can cause them to snore extremely loudly. A veterinarian can do surgery to reduce the amount of tissue in their throats—it can help them breathe better too. Or just have your dog sleep in another room."

Joan Hendricks, PhD, a neuroscientist and dean of veterinary medicine at the University of Pennsylvania, Philadelphia

EAT, DRINK, AND FEEL DROWSY

"If you're not sleeping well, you may have acid reflux, even if you don't feel heartburn. Try elevating your head by putting blocks under the top of the bed and sleeping on your left side. Or you can take a dose of Gaviscon [an over-the-counter remedy that creates a protective barrier against stomach acid]."

Patricia Raymond, MD, a gastroenterologist in Virginia Beach, Virginia

"Low magnesium is associated with irritability and jumpiness. It's also known to cause chronic inflammatory stress, and insomniacs often have chronic inflammatory stress. So it's possible that taking a magnesium supplement—100 to 200 milligrams a day—will help with sleep."

Forrest Nielsen, PhD, research nutritionist at the USDA Grand Forks Human Nutrition Research Center, Grand Forks, North Dakota

LEARN TO SHARE

"If you like a firmer mattress and she likes a softer one, you don't have to compromise. Get two singles, push them together, and use king sheets. Or you can buy a strap that attaches the mattresses to each other."

Alan Hedge, PhD

"One of the biggest disrupters of sleep is the pulling and tugging of sheets and blankets. I tell couples that each person should have a sheet and blanket. If you pull a big comforter or duvet over the top when you make the bed, you really can't tell. Couples call me after I suggest that and say, 'Wow—you changed our marriage.'"

Robert Oexman, chiropractor and director of the Sleep to Live Institute in Joplin, Missouri

"For a man, how he slept the night before predicts the quality of his inter-

If you have to go to bed angry, go sleep on the couch.

actions with his spouse the next day. For a woman, how she interacted with her spouse that day affects how she'll sleep that night. One thing that's helpful is to practice healthy conflict resolution during the day. In other words, avoid name-calling and belittling the other person." *Wendy M. Troxel, PhD,* assistant professor of psychiatry and psychology at the Sleep Medicine Institute, University of Pittsburgh, Pennsylvania

"Sex is a great lead-in to sleep—for men. If there's a glitch in a relationship, sex can launch women into a stream of worry, upset, and anxiety, all of which deter a good night's sleep. A woman may want to talk with her partner and say, 'Do me a favor—for five minutes afterward, let's just talk.'"

Tara Brass, MD,
a psychiatrist in New York, New York

"The classic line is that you shouldn't go to bed angry, but that's sometimes impossible. If you're lying in the same bed but mentally throwing darts at each other, go sleep on the couch."

Jeffrey Sumber,
a psychotherapist in Chicago, Illinois

QUIT SNEEZING YOURSELF AWAKE

"If you're allergic to mold, don't use a humidifier. Increased humidity promotes mold growth and dust mites, two big allergy triggers. People can get so congested, they can't breathe—that'll wake you every time."

James Sublett, MD, chief of pediatric allergy at the University of Louisville School of Medicine, Louisville, Kentucky

"Pillows and bed coverings advertised as 'hypoallergenic' aren't necessarily worth buying. That just means a product is made out of a substance you can't be allergic to, not that it prevents allergies. Instead, get dust-mite-proof covers for your pillow, mattress, and box spring."

Jacqueline Eghrari-Sabet, MD, an allergist in Gaithersburg, Maryland

"If you have allergies, you're probably better off with a feather pillow than one made of foam. Feather pillows are more likely to be encased in a tightly woven fabric that keeps dust mites out. And relatively few people are actually allergic to feathers. Besides, foam can exacerbate allergies because of its moisture content."

James Sublett, MD

DOUSE ALL THE LIGHTS

"The cooler white and blue light emitted by a computer monitor stimulates brain activity and makes it difficult for your brain to wind down. Download the software at stereopsis.com/flux. It gradually dims your screen at sundown, shifting your monitor's colors to warmer red hues."

Colin Grey, a time-management coach in London, England

"Lights that have a blue or green tint can turn down your production of melatonin, which makes it difficult to sleep. If you must use a night-light, pick a 'low blue' one (lowbluelights.com)."

Robert Oexman

"Watching TV at night may seem relaxing, but it beams light into your eyes, which is an 'alert' signal for the brain. Read a book before bed instead."

Tara Brass, MD

IF YOU'RE AWAKE IN A FLASH

"If you wake up with hot flashes, of course you should keep the room cool and wear layered sleep clothing. But also keep a glass of ice water by the bed; sipping it will help lower your body temperature so you can get back to sleep."

Becky Wang-Cheng, MD, an internist in Kettering, Ohio, and coeditor of *Menopause*

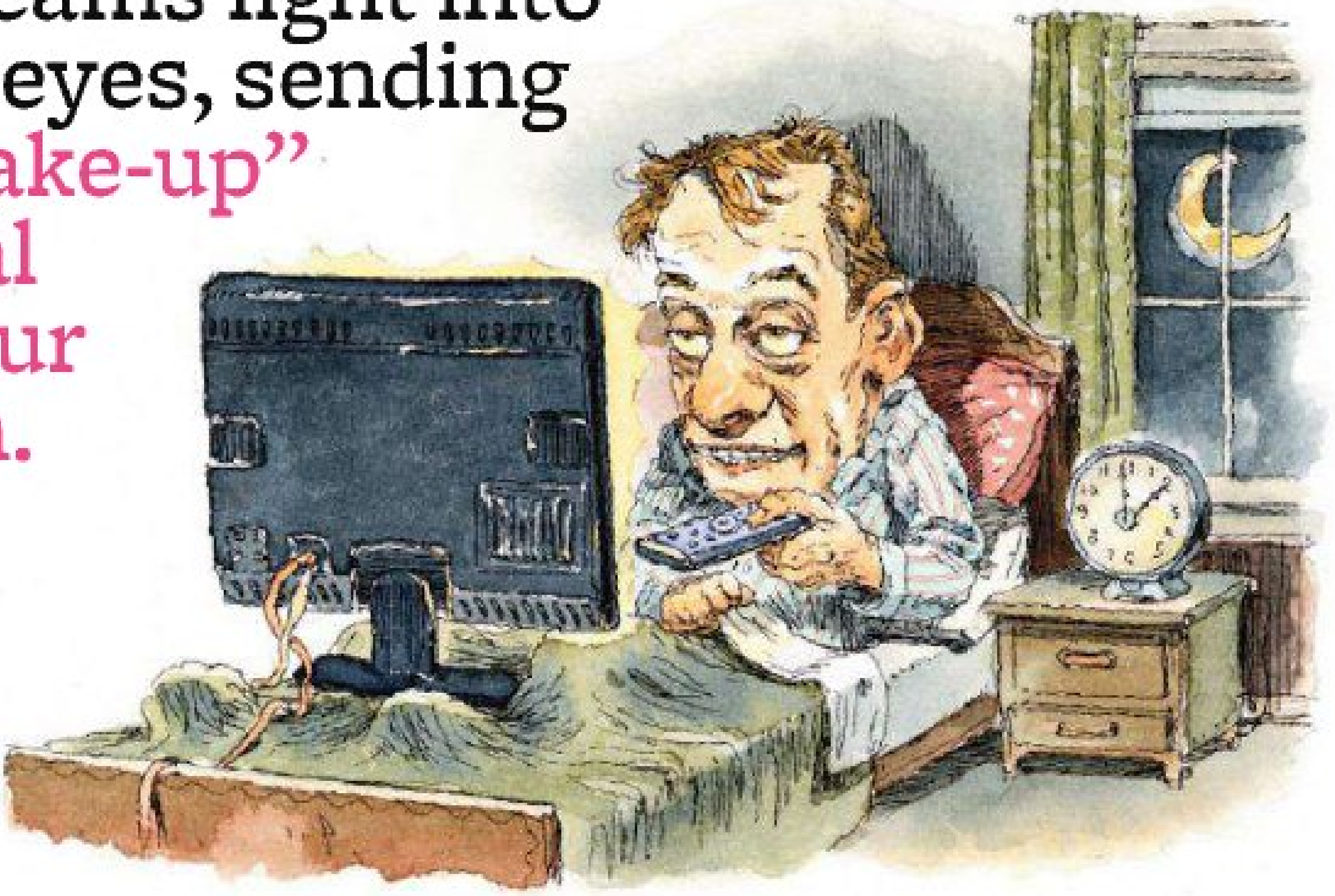
"Try getting more soy in your diet. Soy has an estrogen-like effect that can help reduce hot flashes and night sweats in some women."

JoAnn Manson, MD, chief of preventive medicine at Brigham and Women's Hospital in Boston, Massachusetts

"Sleepwear that wicks the sweat away from the body can make a big difference. Outlast Technologies makes a cooling mattress pad that draws the heat away from the body. When you get really warm, it cools you down."

Rebecca Hulem, a nurse-practitioner in Thousand Oaks, California, and author of *Feelin' Hot? A Humorous, Informative and Truthful Look at Menopause*

TV beams light into your eyes, sending a "wake-up" signal to your brain.



"To keep your room dark, use blackout draperies or shades—not blinds, because they never completely block out light. Install the shades as close to the glass as possible. If you don't have the depth for an interior mount, extend the fabric several inches past the width of the window."

Ian Gibbs, cofounder of the Shade Store in New York, New York

KEEP YOUR COOL

"One of the best cues for the body to go to sleep is a decrease in core body temperature. In fact, room temperature affects sleep more than noise. I always recommend sleeping in a very cool environment, about 66 degrees."

Robert Oexman

"A hot bath will increase your skin temperature, which eventually decreases your core body temperature. Do the same thing for yourself that you'd do for a young child—make sure you take a bath a half hour or so before bedtime."

Robert Oexman

WATCH OUT FOR ANTISLEEPING PILLS

"A lot of people take bedtime pain relievers that contain caffeine and don't even realize it. Excedrin has 65 milligrams of caffeine per tablet—if you take two, that's as much as a cup of coffee. Check the label: Caffeine is always listed as an active ingredient."

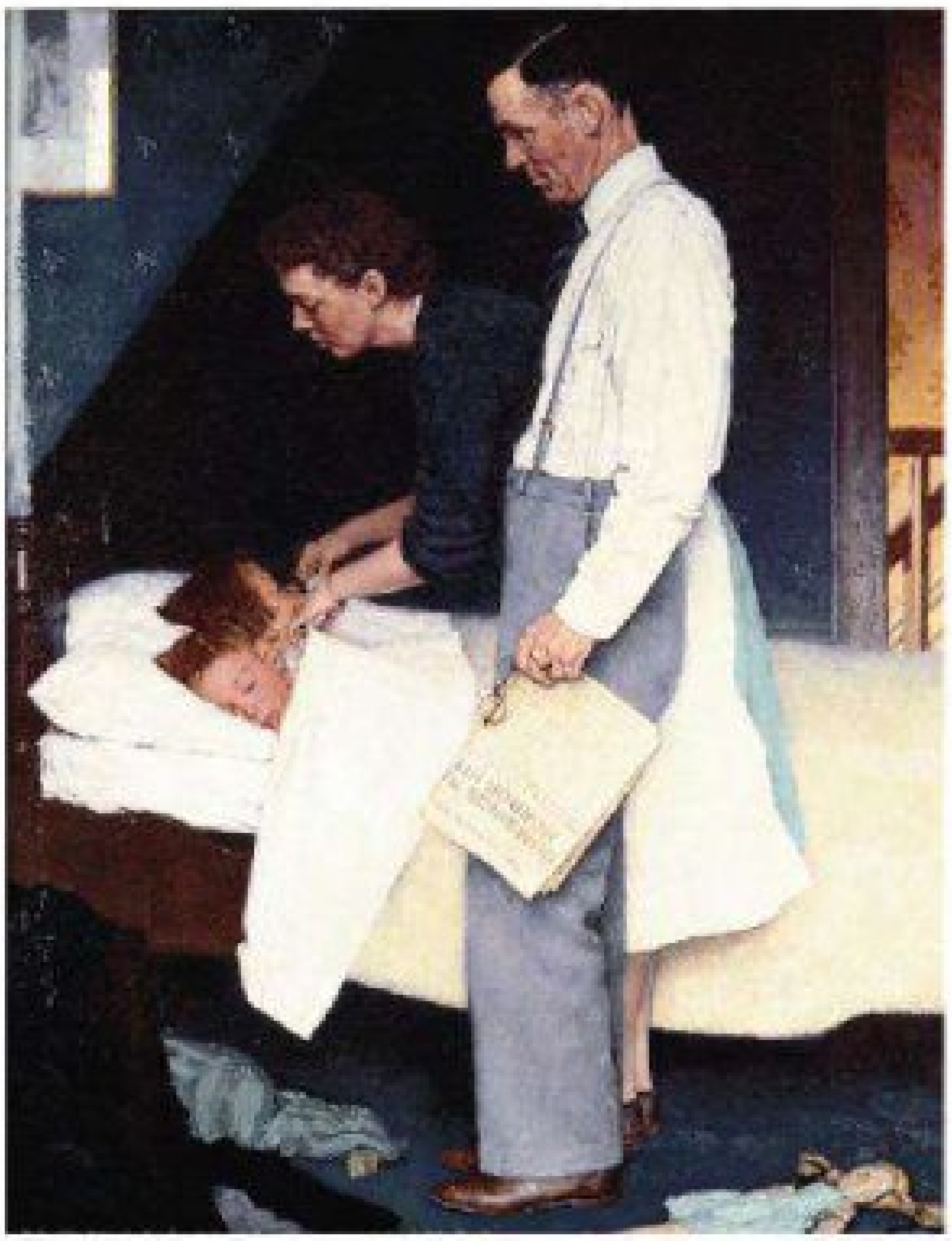
Jan Engle, professor of pharmacy at the College of Pharmacy, University of Illinois at Chicago

"An oral decongestant might help you breathe better, but it can increase your heart rate, which makes it hard to sleep. A nasal decongestant can rev you up too. At night, try a saline spray or wash instead."

Eric Alvarez, a pharmacist in Miami, Florida ■

FOURTH IN A FOUR-PART SERIES

The Freedoms That Make Us Great



Norman Rockwell's Freedom from Fear

One man was thrown under a car by his country's security forces. Another was assaulted in a police precinct. One young boy returned home and saw his entire family gunned down by soldiers.

Working at Bellevue Hospital's Survivors of Torture clinic in New York City, Dr. Danielle Ofri has seen the appalling toll on émigrés from strife-filled countries as well as their inspiring struggle to survive—both physically and emotionally.

That's why we've asked her to conclude our series of essays on freedom. The previous topics: those uniquely American values depicted in iconic paintings by Norman Rockwell—freedom to worship, freedom from want, and freedom of speech. This month, Dr. Ofri (author of *Medicine in Translation: Journeys with My Patients*) writes about freedom from fear and how the Americans she knows strive for it every day of their lives.

©1943 SEPS LICENSED BY CURTIS LICENSING INDIANAPOLIS, IN. ALL RIGHTS RESERVED.

Dr. Danielle Ofri, New York City, February 11, 2011

Freedom from Fear

My patients are reminders that we cannot take what we have for granted

By Danielle Ofri, MD

It's Monday afternoon, and I am sitting with my 1 p.m. patient in the medical clinic of New York City's Bellevue Hospital, the nation's oldest public hospital. Cédric Mbira (names have been changed) is a skinny 27-year-old from Cameroon whose baby face and unassuming gentleness let him pass for 15. Cédric has come to me via the hospital's Program for Survivors of Torture, founded in 1995 by my colleague Dr. Allen Keller. The clinic offers medical, psychiatric, legal, and social services for immigrants who have been persecuted or tortured in their homelands. As one of the volunteer physicians, I help provide the medical care for these patients.

PHOTOGRAPHED BY WILLIAM COUPON

Over the years, I've met patients from Sri Lanka, Nepal, China, Serbia, Turkey, Belarus, Uzbekistan, Sierra Leone, Nigeria, and Iraq. A few come with gruesome injuries—faces seared by acid, fingers or limbs chopped off. But more commonly, they bring their gruesome memories—rape, electrocution, beatings, near drownings, starvation, solitary confinement—things that might not leave a physical scar. Sometimes the most difficult memories aren't of what was done to them but of what they were forced to witness: the murder of parents, knife attacks on friends, rapes of siblings, machine-gun fire on crowds.

Mostly my patients are like Cédric, young and otherwise healthy. They typically aren't old enough to have acquired hypertension, diabetes, and heart disease. Often, though, it feels as if their souls have aged nonetheless.

Cédric grew up in a quiet middle-class neighborhood in the capital city of Yaoundé. His father, Benoit, had been raised in a small village and worked his way up to become an accountant and a member of the professional class. Along the way, Benoit had become involved in the opposition Social Democratic Front (SDF) party that was trying to change decades of one-party rule in Cameroon. But Benoit did not preach politics to the family. Instead, he sold them on education and hard work.

One day, when Cédric was 13, the SDF met near their home. Cédric, who had noticed how proud and energized his father looked when he returned from the meetings, tagged along. But that evening, things were different. Police, wielding wooden batons, raided the meeting and broke it up. People fled, bleeding and screaming into the night. The slowest were beaten the most severely. Cédric and Benoit were lucky: They escaped unharmed.

Like every other Cameroonian, Cédric knew the police were corrupt, but this was the first time he'd witnessed violence. "I will always remember that night," he told me solemnly. "Good people, peaceful people, being beaten up."

This included Cédric's uncle. Serge—also politically active—fled to a neighboring country after the government threatened his life. Though nominally a democracy, Cameroon has had only one president for the past 29 years, Paul Biya. Corruption is rampant, elections are said to be rigged, and human rights abuses abound.

"Our country can do better than this" was Benoit's constant refrain. So he continued to attend meetings, even though the government cracked down more violently. Police with tear gas, water cannons, and clubs broke up peaceful rallies. A scream in the middle of the night meant that someone was being taken away.

And those screams seemed to be getting closer and closer to where the Mbiras lived. Two blocks from Cédric's home, a mother and father were arrested together one night, leaving four children without their parents.

"You simply grow up with that fear, and you get tired of being afraid," Cédric said, almost apologetically.

When Cédric was 20 and finishing school, his parents agreed that he was old enough to join his uncle Serge in a neighboring country.

Cédric heard voices yelling and glass smashing. Then it dawned on him: They've finally come to *our* home.

The three years he lived with Serge were the calmest of his life. "I could focus on adapting to this new culture rather than on being afraid," Cédric said. He continued his studies and spoke with his parents frequently. Benoit always said things were fine in Cameroon, but from news Cédric gleaned at Internet cafés, he knew otherwise.

Serge felt that Cédric should go to America, where there were better opportunities. He himself didn't have children, and Cédric was like a son to him. So in 2007, after Cédric was accepted at a college in New York, Serge bought him a plane ticket and arranged for a visa.

But since Cédric hadn't seen his family in three years, he traveled to Cameroon first. The years apart had brought him even closer to his father. They stayed up late every night enjoying their talks about politics, movies, and books.

On his fifth evening home, Cédric and his father were again deep in conversation in a back bedroom while his mother and younger brothers and sisters were watching TV in the living room.

Their quiet chat was cut short by the sudden explosive sound of the front door crashing open, followed by screams.

Cédric could hear male voices yelling and glass smashing. Then it dawned on him: They've finally come to *our* home!

He could hear his mother being slapped and punched but couldn't make out what anyone was saying amid the chaos. Benoit pushed Cédric into the bathroom and then went to open the bedroom door.

The police were already standing on the threshold and shoved Benoit back into the bedroom. Cédric quickly pulled the bathroom door shut, panting as he crouched on the icy tile floor.

The sounds of fists against flesh, of metal against bone, of his father's screams of agony, seeped through the narrow crack under the bathroom door. Cédric held himself tighter, weeping silently, praying that his father would not be killed.

Adding to the cacophony was the crash of drawers being wrenched out of bureaus, furniture overturned, mirrors smashed.

Suddenly the bathroom door was yanked open. A sweating policeman yelled out, "Who are you? What are you doing there?"

Cédric could not make his mouth move to form a reply.

A second policeman kicked at Cédric's head. Cédric raised an arm to block the blow but was knocked back flat on the floor.

He slowly opened his eyes as the policemen left the bathroom. He saw Benoit lying on the ground, the room in shambles. The six men hoisted his father to his feet. Half-prodded, half-dragged, Benoit was hauled out. And then it was quiet.

Whenever I lament the political squabbles of the day, I think about Cédric Mbira and my other patients and what they have escaped.

It felt like hours before Cédric dared move, though it was probably only minutes. He walked gingerly through the wreckage of the bedroom, down the hall and into the rubble that was the living room. There was almost nothing intact—every surface was smashed, cracked, or overturned. Worse yet, there was no sign of his mother or his siblings. Cédric stumbled over the debris and out into the silence of the warm January night. He walked numbly until he reached the house of a friend.

It took two days to be reunited with his mother, who had run from the house with the younger children when the policemen stormed into the bedroom. Benoit was in prison, or so the family hoped.

Cédric called his uncle Serge, who urged him to leave. Three days later, with Serge's help, Cédric was on a plane to New York City.

When I first met Cédric Mbira, a year after his arrival in the United States, he was disconsolate. Serge had called to tell him that his mother and siblings had disappeared again, and he feared they'd been arrested, maybe killed. Not long after that, Serge returned to Cameroon, and within a week he was dead, killed by police while marching in a human rights rally.

Cédric felt entirely alone in the world. Though he himself was now safe, he felt he had no reason to live. There were days he considered jumping in front of a subway train or swallowing a bottle of pills. He even researched buying a gun on the Internet. Cédric learned of the Survivors of Torture program from an African friend he'd met in America. The clinic offered support groups, but Cédric found it difficult to speak in front of others. After telling me his story—especially the part about his uncle Serge—Cédric was unable to continue speaking. He turned away to compose himself.

Whenever I scan the newspaper headlines and lament the political squabbles of the day, I think about Cédric Mbira and my other patients who have escaped from soul-rattling situations in Africa, Asia, Eastern Europe—

wherever. The perspective is jarring and inevitably humbling. Our worries seem small—even embarrassing—by comparison.

The only real moment of fear in my life was when the Twin Towers fell on 9/11, and the acrid burning smoke wafted through the neighborhood where we lived with our new baby. As panic rippled through Manhattan that day, I was gripped by the terrifying question: Is this it? Is this how the war starts? Is this the moment that people become refugees—grabbing their children and running? Or when they become victims, unlucky to be in the wrong place at the wrong time? Is this the turning point, I asked myself, the moment when the world shatters, when freedom from fear suddenly evaporates?

That small moment of terror makes me wonder how my patients survived. How is it possible to live with such apprehension and trepidation every single day?

My patients are emissaries. They are blunt and intensely human reminders that we cannot take what we have for granted. It is usually at night, when insomnia edges out fatigue, that my patients' stories return to me: the man who was waterboarded, the woman who was raped in the police precinct, the young boy who wandered into the bushes to urinate and returned to see that his entire family had been gunned down.

I cannot conceive of fear so deep. Shivering, I tiptoe out of bed to check on my sleeping children. It is an irrational response—I know. But that is what I do.

T**wo years after our** first meeting, Cédric Mbira seems refortified. His mother and siblings have been found. They'd escaped to the countryside when the violence was at its worst and remained in hiding without access to phones or other means of communication. The situation in Cameroon has eased somewhat, and his mother has moved back to the capital. She tracked down her husband, who is alive but still incarcerated—three years, so far, without a trial. She has been able to visit Benoit every six months, but there's no hint about when or if he'll be released.

Cédric worries about those family members and friends in Cameroon who don't have an Uncle Serge to help them escape. Still, his life has greatly improved. In America, the cloak of fear no longer weighs him down.

And last year, Cédric met a New Yorker, and they married. A son was born just a few months ago, and Cédric's life has been turned upside down, yet again, but in an entirely different way. He now has an exhilarating and overwhelming new responsibility: Cédric Mbira is charged with creating a world for this new human being—healthy, loving, warm, and free. ■

IPAD EXTRA To watch a video interview with Dr. Ofri, download the *Reader's Digest* app from the iTunes Store.

Outside town, ten new 300-foot-tall wind turbines share the landscape with old oil wells and pumps.

PHOTOGRAPHED BY STEFAN FALKE

The Greening of Greensburg

BY BRIAN MOCKENHAUPT

When a tornado destroyed this Kansas farm town, citizens voted to rebuild it as the most energy-conscious, resource-savvy place in America

Clockwise from top left: The tornado's aftermath; Mayor Bob Dixson; Jill and Scott Eller's geodesic home; construction of the Kiowa County Commons; advocate Catherine Hart of Greensburg GreenTown atop a new silo home.

The warning sirens wailed as the lightning flashed, and the people of Greensburg scurried for shelter. Elma Helwig, 85 years old, grabbed her purse and her chocolate poodle, Pooler, and headed to her neighbor's home across the street. Bob Dixson and his family holed up in the basement of the Victorian house he had restored with his own hands. Scott and Jill Eller rushed their daughter, Jessica, into the back bedroom of their one-story ranch, squeezed into a closet with the family's beagle, Bunny, and shut the flimsy sliding doors. Then they all waited.

Tornadoes are a common threat in the Midwest, but the storm heading toward Greensburg, Kansas, on the night of May 4, 2007, was uncommonly vicious. The average tornado carves a path of destruction about 150 feet wide. This twister stretched 1.7 miles across, a little wider than Greensburg itself. At about 9:30 that night, it was moving through the corn and wheat fields south of the city. A few minutes later, the lights went out, and Dixson, Greensburg's mayor, knew the twister had crossed the highway south of town and clipped the power lines. At the Ellers' house, windows began exploding from the extreme drop in air pressure. The tornado drove into the city, then stopped. The 205 mph winds threw pickup trucks into the air, ripped the top floor off the three-story brick school, and flung cows through the surrounding fields. At Mike Estes's John Deere dealership, 22-ton combines tumbled end over end. Residents cowered, listening to the terrible sounds of their houses disintegrating around them. The tornado sat on Greensburg for eight minutes, grinding up homes, cars, and trees like an enormous food processor.

> Dixson emerged onto a flat deck of wood. His home had been wiped away. During flashes of lightning, he saw what was left of the city: nothing.

And then, the city was still, save for the rumble of distant thunder. Dixson figured he might have lost his roof, but then he emerged from the basement onto a flat deck of wood. His home had been wiped away, and in

TOP LEFT: JIM WATSON/AFP/GETTY IMAGES

WHAT IT MEANS TO BE GREEN

Greensburg has more eco-friendly buildings per capita than anywhere in the country, according to guidelines set by Leadership in Energy & Environmental Design (LEED), which rates buildings on energy-saving construction, wise water use, and efficient lighting and heating. Here are a few.

1) City Hall, built with 50,000 recycled bricks from the destroyed power plant, uses geothermal heating and cooling, plus solar panels and natural light.

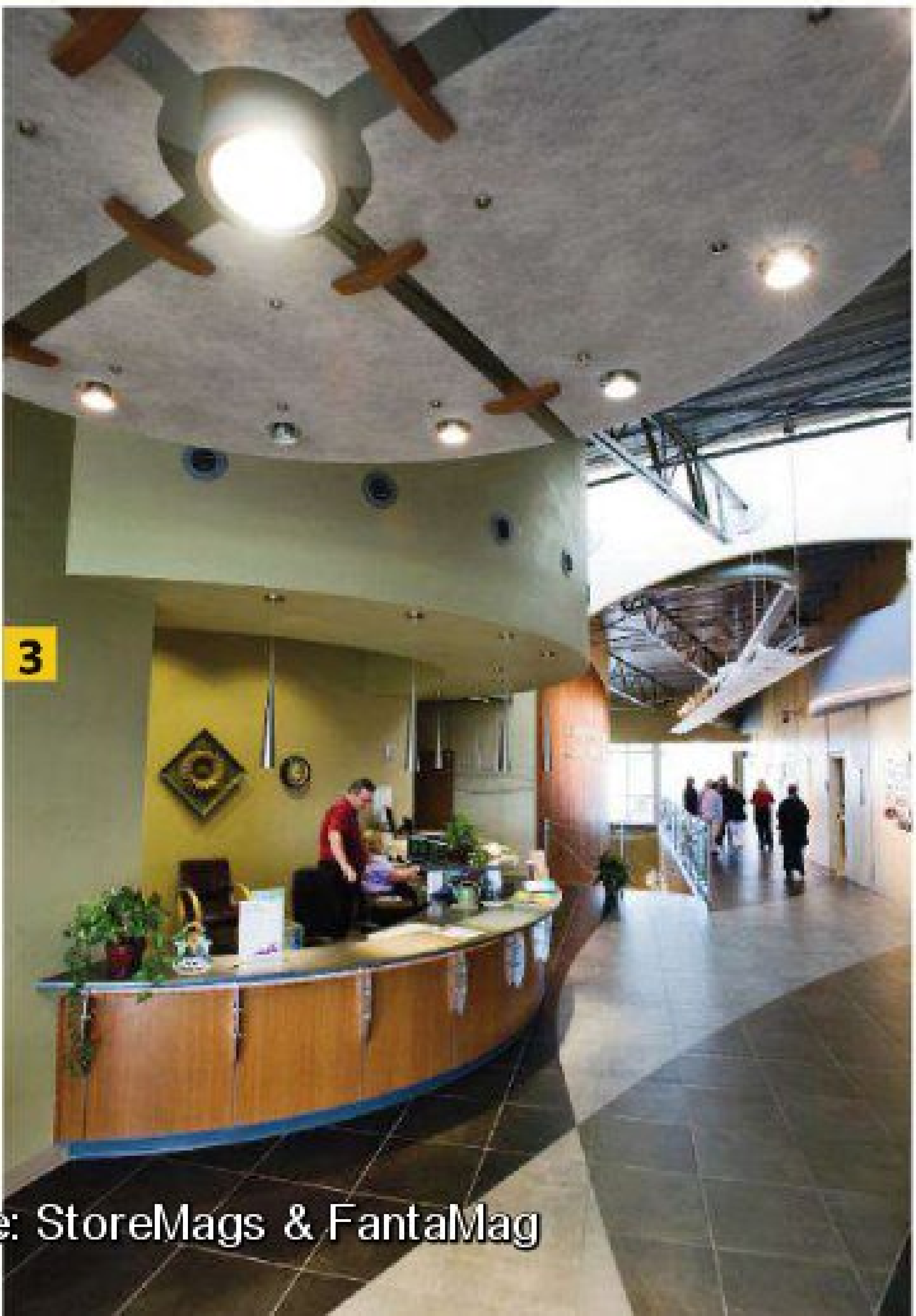
2) Kiowa County School uses geothermal and wind energy, and it was built with reclaimed lumber from Hurricane Katrina and Kansas barns.

3) Kiowa County Memorial Hospital, with LED fixtures, energy-saving windows, and a high-efficiency heat-recovery system, runs on 100 percent renewable energy 100 percent of the time.

The town has also harnessed the powerful winds that sweep across the Great Plains. Now, three miles south of town, a line of ten 300-foot wind turbines stand sentinel over the fields, their 100-foot blades spinning lazily in the afternoon breeze.

The City of Greensburg
City Hall
City Hall
GREENSBURG

1



3

2

brief seconds during flashes of lightning, he took in what was left of the city: nothing, just piles of debris as far as he could see.

Elma Helwig's friend, Bill Crites, climbed his basement steps and peered through a window. "Elma," he said, "you don't have a house."

At the Ellers' home, the back corner where they'd sheltered in the closet was all that remained. Jill's maroon pickup truck lay upside down in the living room. Eleven of their neighbors lay dead or dying.

As the next day dawned, a resident who had served in the Pacific during World War II said the destruction reminded him of Hiroshima. Except for two old brick buildings downtown, everything was gone: homes, street signs, the water tower, and the hundreds of beautiful old trees that had shaded streets and yards. Lifelong Greensburg residents found themselves lost without familiar landmarks to guide them. Residents picked through the wreckage and salvaged a few treasures: a china vase, family pictures, a stuffed animal. In her front yard, Elma Helwig found the tan ceramic bowl she used to make her prized cinnamon rolls. She had never used a recipe and knew the ratios only from how the ingredients looked in that particular bowl, which she'd owned since 1962. Her baking pans were stacked in the yard, right next to the bowl. Everything else was ruined.

In the first days after the tornado, Mike Estes heard grumblings from fellow business owners that they were leaving. He and his family had been selling John Deere farm equipment in the area since 1944, and he knew that without businesses, there would be no jobs and no city. He, his brother Kelly, and Scott Brown called a meeting at Brown's auction house, and 150 people crowded inside. "People wanted to know if we were going to be a town or if we were done for," Brown says. "It could have gone either way."

Estes and Brown set up three whiteboards and began making lists: Going ... Staying ... Undecided. Of the 70 business owners who attended the meeting, 66 said they intended to stay. Reassured by the owners' resolve, the men moved on to the next question: How would they resurrect their city? "What we had in this town was fairly old," Estes says. "If everything's gone, why don't we rebuild better than what we had?"

The same conversation was happening elsewhere around the city in those early days. Greensburg could be new and better, with efficient buildings powered by clean energy,

Kansas governor Kathleen Sebelius put a label on the growing momentum: "We have an opportunity to be the greenest town in rural America."

a model community that might attract national interest and investment. One week after the storm, Kansas governor Kathleen Sebelius put a label on the growing momentum: "We have an opportunity [to make] the greenest town in rural America," she said.

Like most small towns in middle America, Greensburg—founded as a city in 1886 and named for stagecoach owner Donald "Cannonball" Green—had been losing population for years. As farming became more industrial and needed fewer hands, Greensburg withered on the vine. Young people chased jobs in bigger cities, or they left for college and never came back. By 2007, the population had drifted down to 1,400; another 500 had no plans to return after the tornado. What if they were given a reason to stay? "Putting the green in Greensburg" became the slogan for the rebuilders.

The farmers realized something: They had been living green for generations, but they'd just called it common sense.

Most of the tornado survivors moved to neighboring towns until the Federal Emergency Management Agency brought in 300 trailers, which residents dubbed FEMAville. Much of the city was without power, water, and sewers for months. Elma Helwig moved into a trailer and started baking cinnamon rolls again. She knew she'd stay in Greensburg. Her husband was buried there. And there would be plenty of people to feed as volunteers from across the country descended on Greensburg to help clear away the wreckage and rebuild. But, despite all the sloganeering, a sizable contingent doubted the city's ability to spring back.

Jill and Scott Eller fell into the skeptical camp. Jill, who owns an oil-field supply company, says the couple had little knowledge of or interest in sustainability; they just wanted their lives back. They figured they'd rebuild green only if it cut their energy bills.

"We didn't start out trying to save trees," says Scott, who runs an excavation business. "We were trying to save money." They ended up with one of Greensburg's most radical homes, which looks like a two-story house stuck between two halves of a geodesic dome. The walls are made from Styrofoam—six to eight inches thick—sandwiched between plywood, which provides about six times the insulation of a standard wall. The home, which is just across the street from Mayor Dixson's, can withstand winds of up to 205 mph, the same speed as the tornado that ripped apart the city. Jill made some smaller changes, too, such as putting in a low-flush toilet that saves hundreds of gallons of water a year, and she's now an advocate.

"When you look at the savings, it's mind-boggling," she says. Before, the

StarMags.com

GREENSBURG
Rebuilding . . .
STRONGER, BETTER, GREENER!
Home of the "BIG WELL" Straight Ahead

Clockwise from left: Mike Estes displays wind-turbine parts; the windmills outside town; the new welcome sign.

Ellers used mostly paper plates and napkins at home. Now a basket of cloth napkins sits on the dining-room table. She started recycling paper and boxes at work and was shocked at how much she'd been throwing away.

Many in Greensburg, the farmers especially, realized something else: They had been living green for generations; they'd just called it common sense. "Waste not, want not," says Dennis McKinney, a former Kansas state treasurer who's been farming wheat south of Greensburg for 35 years. "Lots of families here either lived through the Depression or were raised by Depression-era parents. My parents survived the Dust Bowl."

"Farmers are the best conservationists," says Estes. "If they destroy the land or misuse water resources, they're out of a job. They don't have anything to pass on to the kids. It's not a red-state, blue-state deal. It's a green-state deal."

The tornado caused $23 million in damage to Estes's business. He rebuilt and now runs the country's greenest John Deere dealership. The building looks like a typical retail store and maintenance garage. But it's what's behind the scenes—thickly insulated walls, skylights, rainwater ponds—that makes it so eco-friendly. More efficient plumbing saves 40,000 gallons of water a year, and a 50-kilowatt wind turbine provides 95 percent of the dealership's power. So many people stopped to ask about the windmill that Estes expanded his farm-equipment dealership to include wind turbines. Pairing farm implements and wind turbines was a natural fit for his mechanics too.

"As long as they're not afraid of heights, they can work on wind turbines," Estes says. His family now has wind-turbine businesses in 35 states and six Canadian provinces. His utility bills have already dropped from $48,000 to about $7,000 a year.

Estes often leads tours for other dealers and business owners looking for tips on improving their bottom line. Such visitors are a frequent sight around Greensburg. They come to see the energy-efficient 15-bed hospital; the country's greenest Best Western hotel (with one of Estes's wind turbines out front); and the glass-walled art center, designed by University of Kansas architectural students.

Today, a sign on the edge of the city welcomes visitors: Rebuilding ... Stronger, Better, Greener!

Despite the losses and trauma, the upended lives and uprooted homes, many residents now see the tornado as a gift that spurred a deeper appreciation for family and neighbors and injected hope into a bleak future.

"We were a dying community before," says Ruth Ann Wedel, site manager for Greensburg GreenTown, a nonprofit group that educates residents about building and living green (unrelated to the GreenTowns Pledge; see sidebar, below). "Now we have another opportunity."

She slips into a pew for Sunday services at First United Methodist Church, which was rebuilt along with seven other Greensburg churches. Stacked near the altar this morning are 265 shoe boxes, each filled with candy and coloring books, marbles and markers, Christmas presents for children in other countries—paid for and packed by parishioners who had themselves received so many donations after the tornado. A neighbor, Esther Shank, stands nearby, hymnal in hand, and leads the choir in "Come, Ye Thankful People, Come," a song of gratitude to God for protecting the harvest and the people from life's storms. "If ever there was a community that should be able to sing this song," Shank tells the congregation, "we're that community."

By Sunday afternoon, Elma Helwig is baking cinnamon rolls in a house that was rebuilt exactly like her old one, except that it's environmentally up-to-date. Her home is filled with donated furniture that replaced everything she lost.

"It's just a miracle," says Helwig.

The GreenTowns Pledge

The one-year program How Green Is Your Town?—launched by AmericanTowns.com with *Reader's Digest*—is both a showcase for innovative local green projects and a platform for communities to share their knowledge of and experience with going green. For more information, go to greentowns.com.

At 89, she still works as custodian of her church and cleans apartments, along with baking. The most recent batch of cinnamon rolls went to a group of AmeriCorps volunteers who have come to Greensburg to clear debris from vacant lots. "The Lord has blessed me," she says.

And across town, just down the street from the Ellers' funky geodesic house, Mayor Dixson eases into a chair on his covered porch, taking a short break from yard work. Spread out before him are the new school, the new grocery store, the new city hall, all the new homes, and, around his yard, a dozen new trees, skinny saplings to replace the oaks and maples he lost in the tornado. Two young girls ride their bikes down the street, no parents in sight. No problem—that's life around here. Dixson waves to every car that passes his house, and the drivers all wave back. Though he doesn't say it out loud, it's obvious from the look on his face that he knows the most important parts of Greensburg never went away. ■

A choir sings a hymn of gratitude for God's protection. "If ever there was a community that should sing this song, it's us," says Esther Shank.

FILE UNDER "OOPS"

An Australian cookbook had to go back to the printer after one of its recipes called for "salt and freshly ground black people." That wasn't the only mistake sent to press:

From an ad for medical services in the *Glenville* (West Virginia) *Democrat*: "With a regular visit to your medical provider, you can increase your chances of catching major illnesses early." Submitted by *Frances Schmetzer*

From the wedding announcement page of the *Tennessean*: "The six attendants wore blue raw silk dresses with pockets and varying necklines that hit right below the knee." Submitted by *Judy Caldwell*

From a home-repair mailer: "All permanent repairs guaranteed for one year." Submitted by *Rosemary Fairweather*

From an article about a hotel renovation in the *Reno Gazette-Journal*: "The downstairs, which will be connected to the upstairs by a spiral staircase, will have more meeting space plus food and beverage fatalities." Submitted by *R. E. Gillett*

StoreKags.com

WHAT ARE THE ODDS?!?

5 INCREDIBLE BUT TRUE COINCIDENCES THAT ADD MYSTERY TO HISTORY

GOOD BOOTH!
BAD BOOTH!

KILLER CABBIE STRIKES TWICE!

KAMIKAZES FOIL MONGOL INVASION!

BY JACOPO DELLA QUERCIA

FROM **cracked.com**

The Actor and the President's Son

In the 19th century, Edwin Booth was recognized as America's greatest actor. His reputation was described as mythic, and a statue of him stands in Manhattan's Gramercy Park.

In his time, Edwin was as famous as George Clooney is today, as classy as Clive Owen, as lusted after as Johnny Depp, and as awesome as Josh Brolin. He even looked suspiciously like Robert De Niro. But there's something else ...

WHERE IT GETS WEIRD

Booth performed a heroic act, one that would have gotten him into the history books under different circumstances. It took place during the Civil War at a train station in Jersey City. According to the young man Edwin Booth saved, the incident occurred when he was inadvertently knocked off the platform by the teeming crowd.

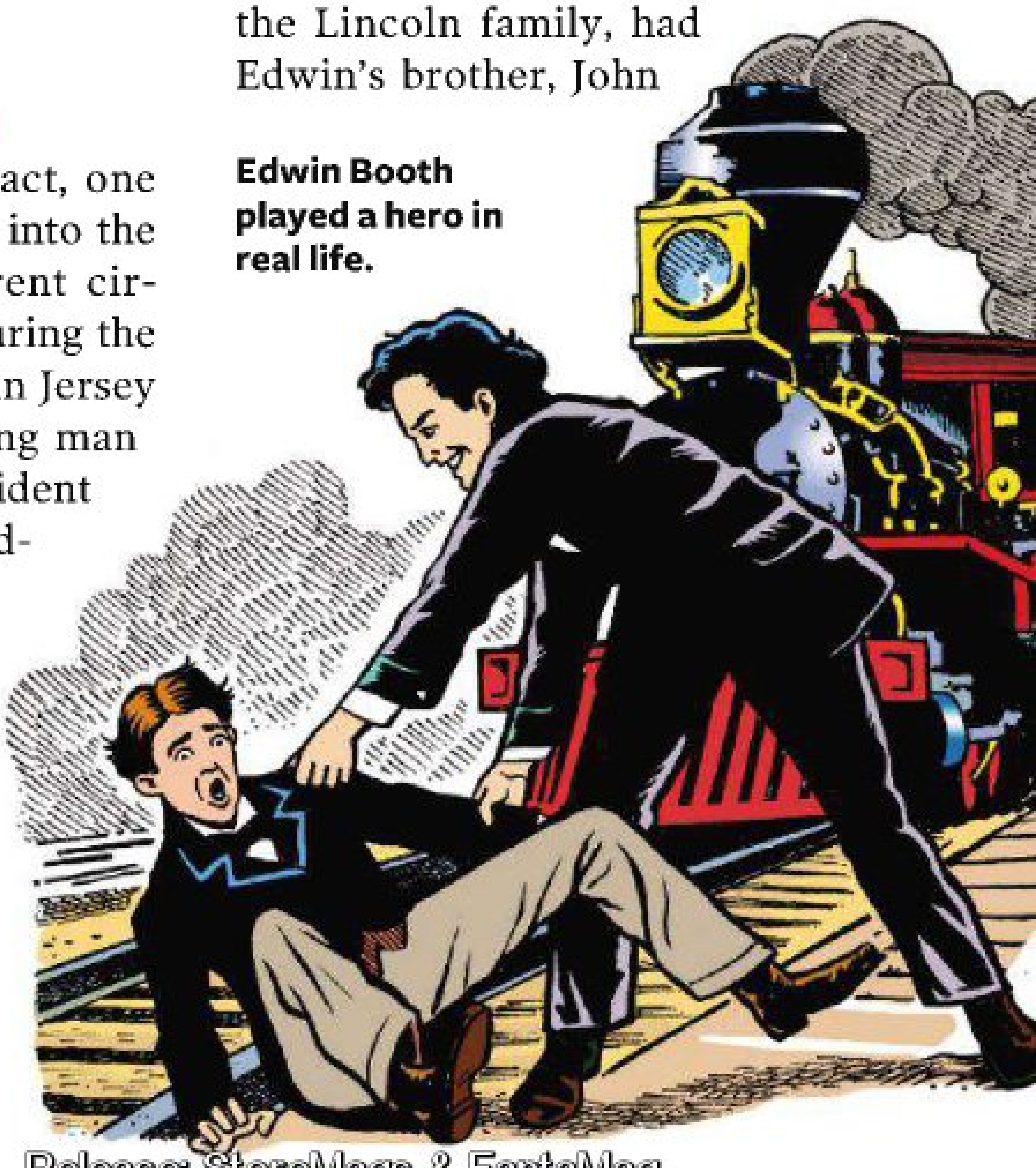
"I was twisted off my feet," wrote the young man, "and had dropped into the open space and was personally helpless when my coat collar was vigorously seized, and I was quickly pulled up and out to a secure footing on the platform. Upon turning to thank my rescuer, I saw it was Edwin Booth."

Imagine if you, as a kid, fell off a ledge and were caught by Chuck Norris. That's what it was like for this kid.

WHERE IT GETS EVEN WEIRDER

Two weeks later, Booth received a letter of commendation from an officer on the staff of General Ulysses S. Grant. It turned out that the young man Edwin had saved was actually Robert Todd Lincoln, the son of President Abraham Lincoln.

That act of heroism would have gone down as the only, unlikely interaction between the Booth family and the Lincoln family, had Edwin's brother, John



Edwin Booth played a hero in real life.

ILLUSTRATED BY MARK ZINGARELLI

Wilkes, not gone off the deep end several months later.

Two Brothers, One Bike, One Cab

We're going to be honest with you: There is really no way to build up the following story. It's just one of those things that is mathematically possible in the vastness of the universe, but when it happens, it's creepier than those little twin girls from *The Shining*.

WHERE IT GETS WEIRD

In July 1975, newspapers on both sides of the Atlantic went nuts over the death of 17-year-old Erskine Lawrence Ebbin, a poor kid knocked off his moped by a taxi in Hamilton, Bermuda.

You see, the previous July his brother was killed ... on the same street ... also by a taxi. Both kids were 17, and they were hit almost one year apart. Oh, and they happened to be driving the same moped. Well ... okay. Mopeds are inherently unsafe, right? And maybe they both drove recklessly. It could happen.

WHERE IT GETS EVEN WEIRDER

The two brothers were killed by the *same* taxi. With the *same* driver. Carrying the *same* passenger.

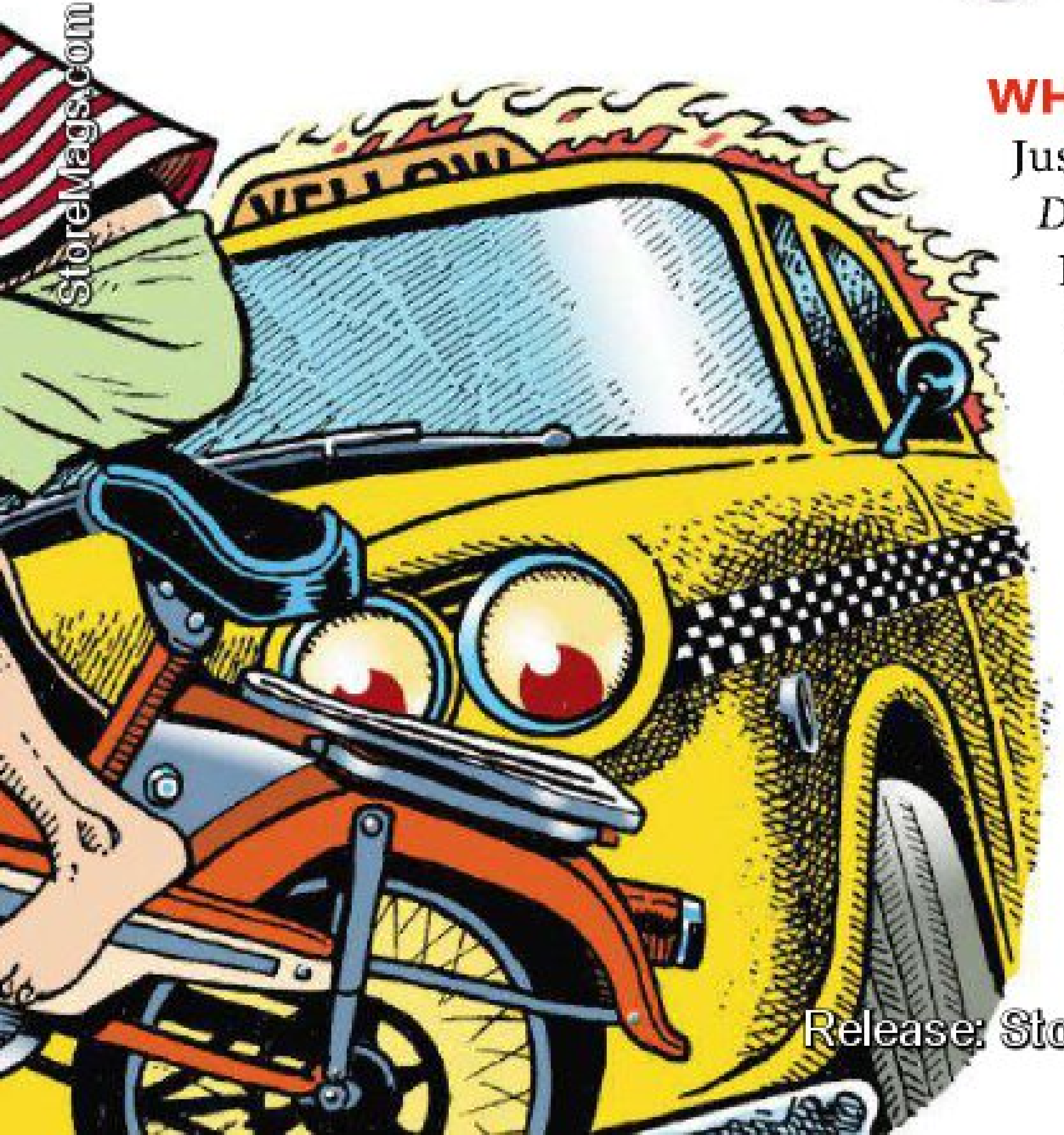
Whoa ...

The Synchronicity of Dennis the Menace

On March 12, 1951, Hank Ketcham's *Dennis the Menace* comic strip ran for the first time in American newspapers.

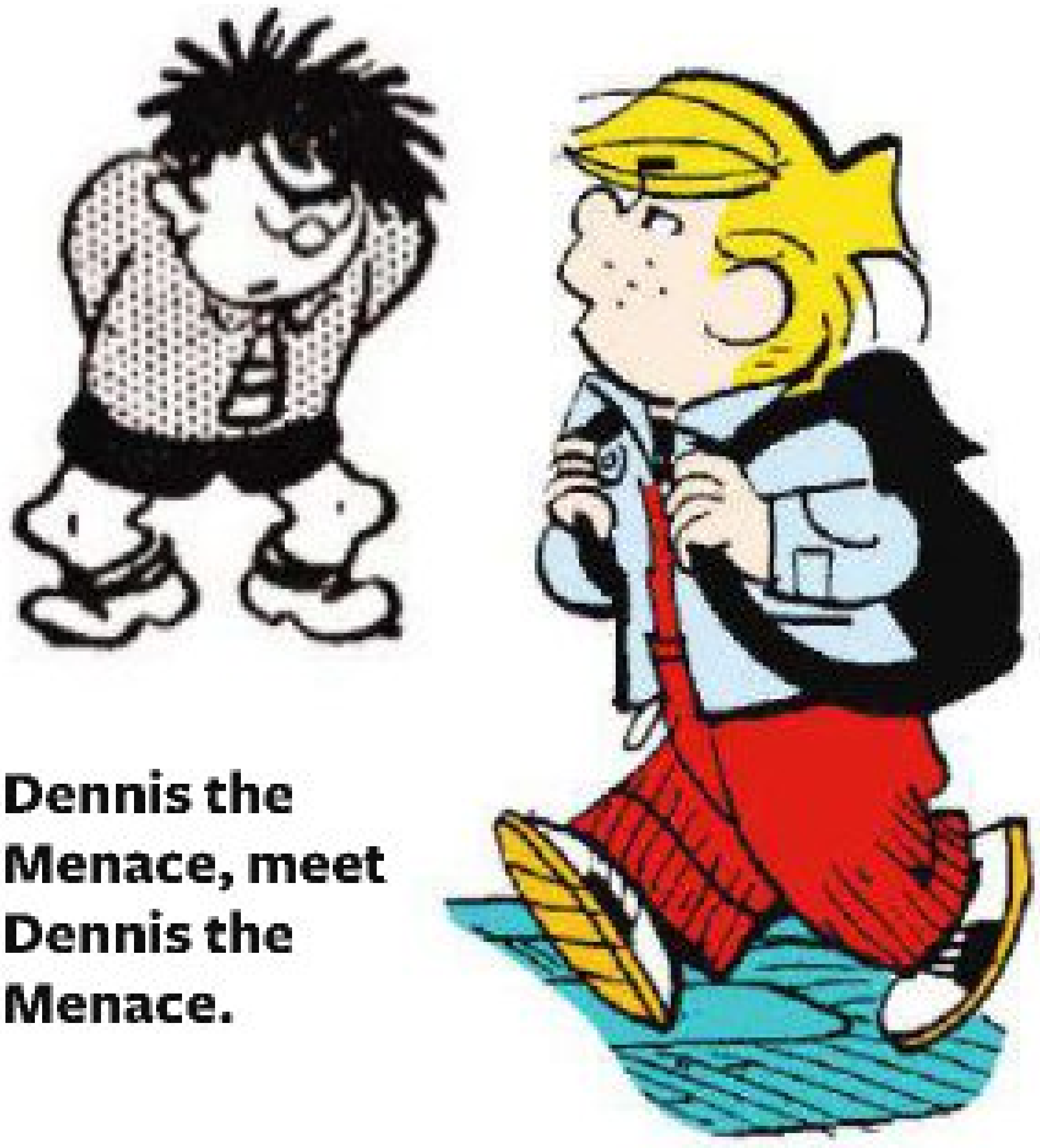
WHERE IT GETS WEIRD

Just a few hours before Ketcham's *Dennis the Menace* debut, issue No. 452 of the British comic book *The Beano* hit newsstands on the other side of the Atlantic. This particular comic was notable for featuring the first appearance of a comic strip character that went on to become cartoonist David Law's most famous creation: Dennis the Menace.



The Bermuda Triangle? Try the Bermuda Cab Driver!

FROM LEFT: DENNIS THE MENACE ©DC THOMSON, UNITED KINGDOM; DENNIS THE MENACE ©HANK KETCHAM ENTERPRISES, NORTH AMERICA SYNDICATE



Dennis the Menace, meet Dennis the Menace.

WHERE IT GETS EVEN WEIRDER

So their comic strips' stars had the same exact name and for some bizarre reason were published on the same exact day. That means the guy in England just ripped off his American counterpart, right? Or vice versa? Nope. By all accounts, neither man knew or had any way of knowing that there was an equivalent comic being developed an ocean away. It just appears to be a massive coincidence. Besides, except for this freak occurrence, the two characters had nothing in common. Hank Ketcham's take on Dennis was based on his own son, and David Law's Dennis was more like a gritty reboot of Calvin, from *Calvin and Hobbes*.

Hank Ketcham and David Law decided to amicably continue their separate works, and both characters ended up becoming immensely popular with their respective audiences.

Lost and Found

Michael Dick of the United Kingdom had not seen his long-lost daughter, Lisa, for ten years. Why were they estranged? Your guess is as good as ours. All we know is that in 2007, Michael went nuts looking for her.

WHERE IT GETS WEIRD

Michael turned to the *Suffolk Free Press* for help. The newspaper decided to write a story on the Dick family's predicament and even chose to include a picture of the family to make Lisa feel homesick. So the family gathered out in the street, and the photographer snapped away. Sure enough, running the photo did the trick! Michael Dick and his family were reunited with Lisa just two days later.

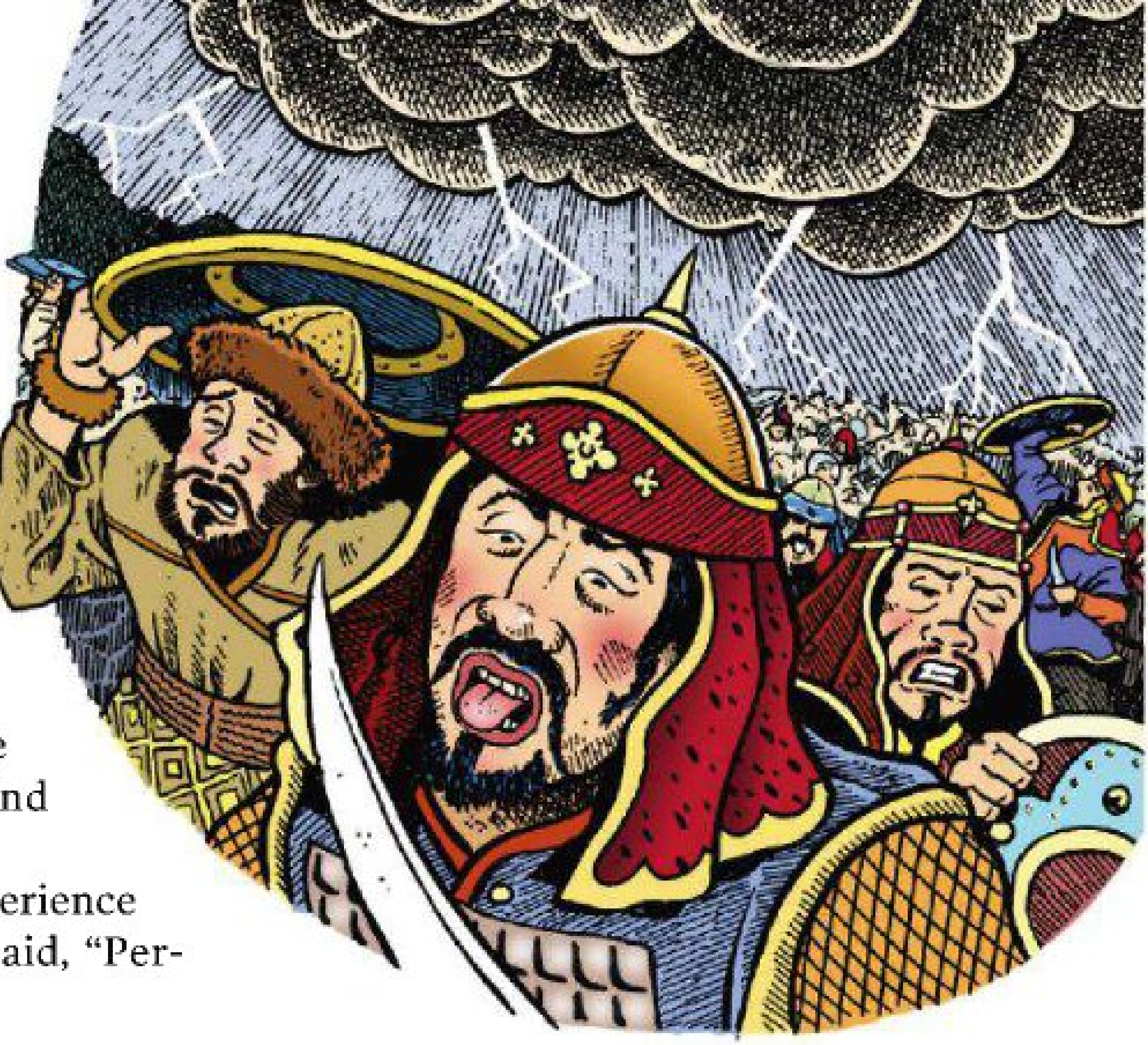
WHERE IT GETS EVEN WEIRDER

After taking a good look at the newspaper photo, Lisa realized something: She just happened to be walking past in the background when the photo

As Lisa's family was photographed for a story about her disappearance, she walked behind them.

was taken. She didn't know they were there, and she didn't know a photo was being shot. After a decade apart—at the exact moment her family was being photographed for a newspaper story about her disappearance—she just happened to be standing 75 feet behind them.

She described the experience as "very strange" and said, "Perhaps it was fate."



The Mongol invasion of Japan was postponed because of rain.

Japan's Divine Wind

Everyone loves a good case of atmospheric divine intervention. For instance, Russia was invaded by Hitler and Napoleon, and they were stopped respectively by a snowstorm and a snowstorm. Of course, the real weirdness here is that they found days to invade when it wasn't snowing.

Then there are those weather oddities that would confound even the Weather Channel. For instance, the British burned Washington, D.C., in 1814, and out of nowhere came the first recorded tornado in D.C. history. It trashed the British army and conveniently doused the flames on the federal buildings.

But even that pales when compared with the most famous example of meteorological deus ex machina: a weather phenomenon that came to be known as the Kamikaze, long before that word symbolized suicidal fighter pilots.

WHERE IT GETS WEIRD

The first Mongol invasion of Japan took place in November 1274 and consisted of some 23,000 men and up to 800 ships. They were at sea for two weeks and established a beachhead on Hakata Bay, Japan. When the Battle of Bun'ei broke out on November 19, Japan was so weak, you wouldn't have blamed them had they scouted out other islands to move to.

Everything was going swimmingly for the Mongols—that is, until a typhoon blew in like a blast from Poseidon's own shotgun and wiped out a third of the fleet. The remaining Mongols retreated after only one day of fighting, which is saying something when you consider that these are the same folks who conquered everything from Korea to Hungary.

But no matter, they weren't the type to give up. They simply came back with a second, far larger invasion in 1281. This force consisted of 140,000 soldiers, more than 4,000 ships, and a two-pronged invasion via China and Korea. It was the best that the Mongol-ruled Yuan Dynasty could muster, and you can bet the leader, Kublai Khan, expected to conquer Japan this second time around.

By mid-August, the enormous Mongol fleet met the Japanese at the very same Hakata Bay where they had squared off seven years earlier. This time, most of their warships were destroyed ... by a typhoon.

WHERE IT GETS EVEN WEIRDER

If you're now picturing Japan as a powerful typhoon magnet where you have to carefully slip in during narrow windows between storms, stop. Intense storms almost never hit the Hakata Bay, and one of the invasions didn't even take place during typhoon season (they tend to hit in the summer, and the first attack was in November).

So exactly how low were the odds of the Mongols' getting trashed at Hakata Bay? According to one Japanese source, a typhoon like the one that hit the Mongols during the second invasion occurs "once every hundred years or once every few hundred years." Or, as was the case with Mongolians, every time they invaded Japan.

Needless to say, the Mongols never invaded Japan again. ■

CRACKED.COM (OCTOBER 11, 2010) © 2010 BY DEMAND MEDIA, 1299 OCEAN AVE., 5TH FLOOR, SANTA MONICA, CA 90401

HAVE I GOT A DEAL FOR YOU!

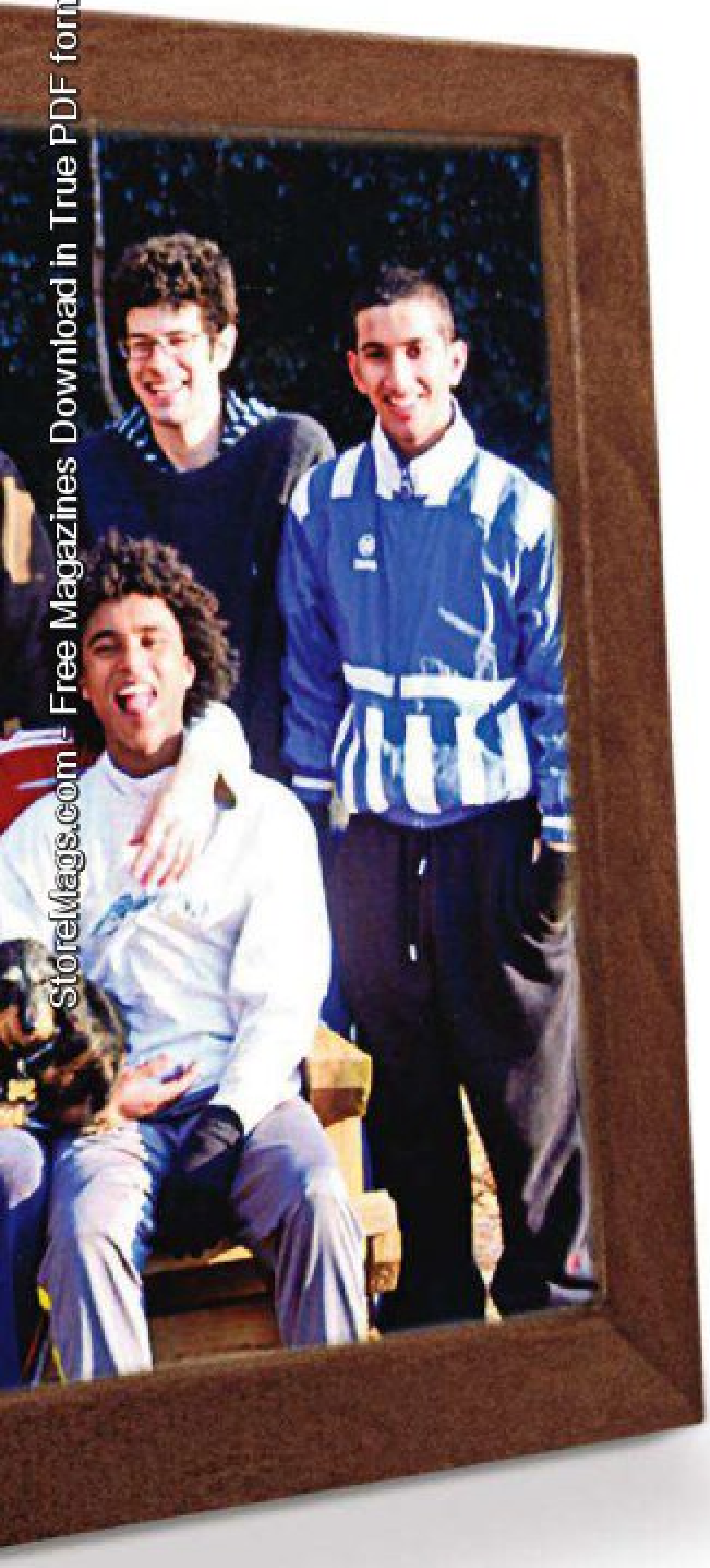
In the market for something weird? Ebay is overflowing with oddities like these, which have been put up for bid:

- Thirty days of advertising on a man's forehead
- An "annoying but cuddly" grandmother, listed by her ten-year-old granddaughter
- A Brussels sprout (acquired for $151)
- Britney Spears's chewed gum (snapped up for $14,000)
- A cornflake shaped like the state of Illinois (sold for $1,350)
- A partially eaten ten-year-old cheese sandwich, said to bear the image of the Virgin Mary (went for $28,000)
- A jar allegedly containing a ghost was bid to $50,922 (the winner didn't pay)

Source: pigjockey.com

*full

house



She already had seven kids from three continents, but she couldn’t turn down a pair of orphaned brothers. Melissa Fay Greene reports on the journey to becoming a happy family.

● FROM ***No Biking in the House Without a Helmet***

Standing: Daniel, Lily, Melissa, Donny, Seth, and Jesse. Seated: Molly, Yosef, Helen, Lee, and Sol.

COURTESY PATRICK [illegible]

My husband, Don Samuel, and I had four marvelous children by birth: Molly, Seth, Lee, and Lily. We adored raising them, and the thought of Molly leaving for college gave us a melancholy preview of an empty nest. So as Molly turned 18, we brought home 4½-year-old Jesse from a Bulgarian orphanage. Our friends were shocked, but Donny explained that we were backfilling: "Every time somebody leaves, we'll bring in another," he joked. Seth turned 18, and we adopted 5-year-old Helen from Ethiopia. Things were going so well that we adopted 10-year-old Fisseha ("Sol") from Ethiopia when Lee was only 16. With seven gorgeous children, we felt content.

On his 18th birthday, Lee, having graduated early from high school, flew with me to Addis Ababa, Ethiopia, to the orphanage about which I was writing a book. After I returned to the United States, he stayed on as a volunteer. Were Donny and I surprised when Lee phoned home one day to ask, "Do you think we could adopt again?"

No, we were not surprised.

"We weren't really planning on it," I said. "Why, do you have someone in mind?"

"Well, two, actually. Brothers."

"Wait ... what?"

"They're named Daniel and Yosef. They've been waiting so long. No one is going to adopt them!"

I knew the boys slightly from my visits, and I knew Lee's words were true; in the adoption world, most parents were looking for baby girls.

Donny, having caught wind of my end of the conversation, watched me and waited to learn the name and gender of our new child.

When I held up two fingers, he burst out laughing.

"They've got nothing, they've got no one," Lee was saying. "They're wonderful boys. It's like they're my brothers already. What will happen to them if we don't adopt them? They'll end up on the streets."

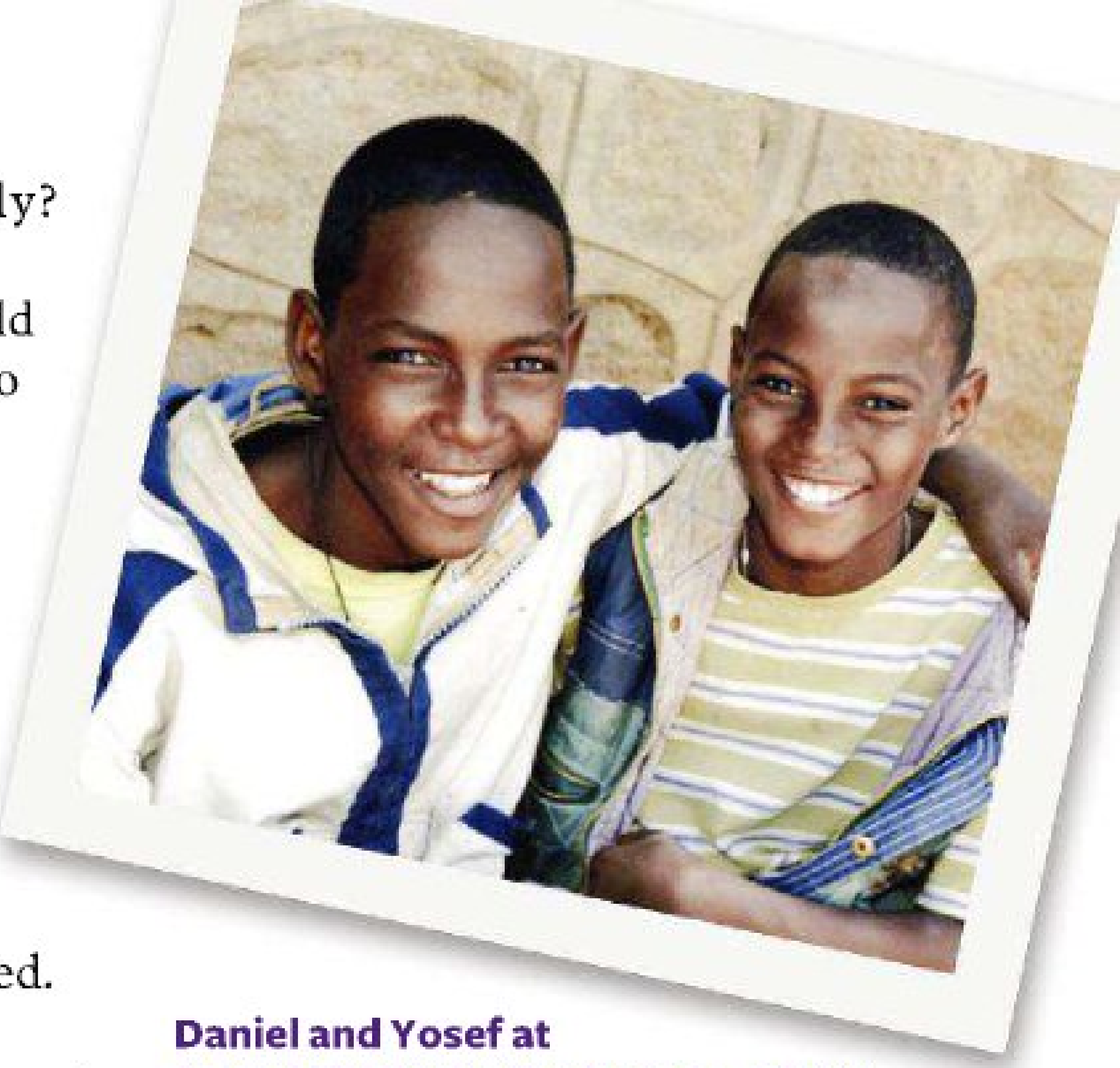
"These are the two happiest human beings I've seen in my life," Seth said of his new brothers.

"How old are they?" I asked, but it didn't really matter. The Western inconveniences of too few bedrooms, too few seats in the car, and too little money saved for colleges were far outweighed by the likely fate of a pair of orphaned brothers whom Lee loved.

"They're 11 and 8," he said. "Please."

"Sweetheart. Let's think about it."

"Really?" he cried. "You'll think



Daniel and Yosef at Atetegeb Worku Orphanage, where they lived in Addis Ababa, Ethiopia.

about it? Oh, my God, really? Thank you so much!"

Too late I realized that I could have said—he'd expected me to say—*no.*

I e-mailed Molly, 23, who was working for ForestEthics in San Francisco, and Seth, 20, at the Oberlin Conservatory of Music, and I cc'd Lee: "Lee wants to bring home two brothers from Ethiopia."

"How old are they?" Seth asked.

"Eight and 11," I e-mailed.

"Don't we have those ages already?" he asked.

Later he e-mailed, "Just wait one minute. I don't want to go from being the fastest runner in the family to being the fourth fastest, outrun by Sol and two new Ethiopians."

"You're already not in the top three," Lee e-mailed from Addis Ababa. "I'm first, then Sol, then Jesse."

"I'm first," said Seth. "Ask anyone."

"Hey, am I good at anything?" typed Molly from San Francisco.

That night at dinner, I asked the four children at home, "Who's the fastest runner in the family?"

"Seth!" all the kids agreed.

"Okay, another question: What is Molly best at?"

Lily, Helen, Sol, and Jesse stopped eating to consider this important question. Not soccer, not baseball, not basketball, not swimming. She jogged and she biked, but was she the best?

(This conversation reminded me of one held on the night when Jesse, age 5, had been in America for nine months. Donny was preparing to run in the 10K Peachtree Road Race the next morning. "Daddy, you going win!" Jesse shouted at dinner. "Daddy, you be fastest!" What lovely encouragement! What fine filial pride. We all continued to eat. Donny finished his meal, got seconds, and cleaned his plate again, as was his wont. "Carbo-loading," he explained. But then Jesse suddenly gleaned that his father was entering a footrace.

"You running, Daddy?" he yelped.

"Yep."

"Oh, Daddy," he cried, now forlorn. "Daddy, you going lose! You too fat!"

"Well, Jesse," I said, perplexed, "we told you Daddy was in a race. What kind of race did you think it was?"

And he earnestly replied, "A eating race.")

So it was established that Seth was

COURTESY MELISSA FAY GREENE

the fastest runner (and Donny the fastest eater). But Molly needed a superlative. “I thought of something!” said Helen. “Molly has the cutest car!”

I e-mailed Molly that her siblings had voted her red Toyota Corolla to be the Family’s Cutest Car, and she made her peace with that.

But now the younger ones were protesting: “Wait a minute! We’ve been asking for years if we could have a pet ferret, and you always say, ‘No. Too much responsibility.’ And now Lee calls from Africa to ask for two more brothers, and you say, ‘Yes. Fine!’ Is that fair?”

“You’re right,” I agreed. “That is completely ridiculous and unfair.”

“So, *can* we have a ferret?”

“No,” I said. “It’s too much responsibility.”

In the summer of 2006, Seth, Lee, and I met up in Addis Ababa and moved into a small hotel. Yosef and Daniel—long and lean, dark-skinned, with smooth and narrow faces, huge smiles, and gentle natures—joined us from the orphanage. I took a single room, and the four boys occupied a double next door. Yosef’s and Daniel’s shoes were so small that the boys’ toenails had been rubbed off. Their clothes were filthy; they themselves were dusty and unwashed.

I knocked on their door and handed Seth fresh boys’ clothes from my suitcase. Seth herded Yosef into the bathroom, turned on the shower, pantomimed what needed to happen, and withdrew.

A minute later, Yosef came dancing out of the bathroom dripping wet and naked. Seth shooed him back into the bathroom and closed the door. Yosef sprang back into the room, wearing his brand-new boxer shorts on his head. He shouted two of the only English words he knew: “You ready?!”

At our house, there were beds for each of them, and bikes to ride, and towering bowls of fruit.

Seth chased him back into the bathroom and held the door closed until Yosef made himself more presentable, while Daniel collapsed in laughter.

We all walked to a small Italian restaurant for dinner. The boys now looked clean and sharp, but dining at a European restaurant with white tablecloths, candlelight, menus, and waiters wasn’t really within their skill set. Meatballs rolled off their plates and across the table; Yosef held the saltshaker upside down to figure it out and gazed with admiration at the accumulating crystal hill. A water glass spilled, ice cubes skittered across the wood floor, and the boys dove after them. Among the many things they’d never experienced, ice cubes were among the most interesting.

"Calm down!" I hissed.

Over went another water glass.

"I mean it!" I snarled sotto voce.

"Okay, Crotch, I calm down," Yosef said to Seth, beside whom he sat. He and Daniel thought Seth—tall, thin, and curly haired—looked like six-foot-seven-inch-tall Tottenham Hotspur soccer star Peter Crouch. So they called Seth "Crouch." Except they pronounced it "Crotch."

"Well, actually, that's another thing," said Seth. "It's 'Crouch.' As I've mentioned."

"Okay, Crotch!" said Yosef cheerily, rolling the *r*.

"Yosef, do you know what *crotch* means?" asked Seth.

"What mean?"

This required a conference between Seth and Lee. They hated to point, right there in the restaurant.

"Does the word *scrotum* mean anything to you?" asked Seth.

It did not.

So Lee had to helpfully grab himself in the vicinity referred to by Seth's nickname.

Yosef had calmed down for a minute and was trying to eat his spaghetti with a fork, but when he learned what he'd been calling his new big brother, he exploded with mouth-filled laughter and shared the news with Daniel, and the two of them laughed so long and hard that they had to push aside their plates and their stranded meatballs and their loose ice cubes and lay their heads on the wet tablecloth and laugh until they cried.

I abandoned all attempts at decorum, gestured for the bill, and herded the hysterical boys out of the nice restaurant as quickly as possible.

Later that night, Seth said, "These are the two happiest human beings I've ever seen in my life."

W**e couldn't bring** the boys home until the adoption paperwork was completed; we had to leave them while we waited. The wheels of justice ratcheted forward slowly until one day a year later, two boys 8,000 miles away became our sons. On June 10, 2007, escorted by Donny ("You delivered our first seven children; I'll deliver these two," he'd said), Yosef and Daniel Gizaw, now Yosef and Daniel Gizaw Samuel, arrived in America. They wore looks of dazed happiness, as miracle upon miracle flowed to them, beginning with their very own suitcases popping out of a carousel in the Atlanta airport. "Mom car?" they asked as we all shoved the luggage into my beige Honda Pilot. Such a big and fine car! It would be weeks before they believed it belonged to our family. And far more astonishing: "Mom ... drive?" At the house, there were beds for each of them and dresser drawers (they'd never had those before), bikes to ride (they didn't know how to ride bikes), and fruit bowls towering with apples, bananas, plums, and peaches. They knew only a few words of English but offered them readily and emphatically. I had a stack of clothes from Target ready for each of them, but Daniel had grown a couple of inches since I'd seen him. When the bashful, gangly boy emerged from the bathroom, his stiff new jeans stopped at his calves, and the arms of the long-sleeve T-shirt fell shy of his wrists.

"Nice!" he said.

"No, Daniel," Lily, Helen, and I replied, laughing. "The pants are too short, the shirt is too small."

"No, Mom, *nice*, I like," he said.

I took the clothes away, and he looked crestfallen. I exchanged them, and he tried new ones that evening. This time, Daniel peeked out worriedly in pants that reached the top of his shoes and a shirt that covered his wrist bones. "Too big," he said with a shrug of resignation. He'd never worn clothes that fit before.

Daniel insisted on carrying the dog on our walk. I realized this was the act of a shepherd boy.

Around the house, Daniel was cautious and quiet like a deer, as if he were about to dart away. He kept track of Yosef at all times, though Yosef didn't seem to return the favor. There was an air of melancholy about Daniel; I think he had been scared and worried for a long time. He had probably wondered what would become of him and his brother once they aged out of the foster home. They'd have no skills and no jobs. How would they live? Somehow he'd sheltered Yosef from these thoughts. Standing in Daniel's windscreen, Yosef had had a childhood. Yosef gleamed with pure joy and love of life.

One steamy morning, Daniel came along with me to walk the dogs, Franny, a rat terrier, and Theo, a wirehaired miniature dachshund. Franny pulled me ahead, hot on the trail of neighborhood squirrels, her stubby tail vibrating like a power drill. She looked back at me in excitement. "Yes, Franny, that is definitely a squirrel. I see it," I said, yanked to a sprint behind her. When I looked back for Daniel, I saw that he was cradling Theo.

"Very small, Mom. Very tired," Daniel explained in halting English.

Theo gave me a smug look that seemed to express, *Finally, you have a child who understands me.*

For three miles, I urged Daniel to put the dog down. "Theo can walk," I told Daniel. "In fact, in English, this is called 'walking the dog.'" Every time I said this, Theo raised his head and glared at me from under his fierce eyebrows; when Daniel shook his head no, the dog gazed at him adoringly.

Later I realized that Daniel's carrying Theo was the act of a shepherd boy who had been taught not to let a lamb fall too far behind, lest it fall prey to a wolf or hyena.

Theo loved Daniel.

Top: Sol and Daniel (who had to resolve their differences). Bottom: Helen and Lily.

COURTESY MELISSA FAY GREENE (2)

"Mom, this? This?" Daniel asked me one night. He approached me with his hands shaping a circle. "This I like. Seth like."

"Hmmm ... a CD?" I asked. "Seth likes CDs. You want to hear music?"

"No, Mom! This! This! Seth like!" He showed me the circle of his hands again.

"A DVD? You want to watch one of Seth's movies?"

"Oh, my God. Mom, *this*," he said again, showing me the circle.

"Daniel, I don't understand. Seth's home. Why don't you ask him?"

Daniel leaped up the stairs three at a time. A few minutes later, I heard the jingle of Seth's car keys in the front hall as he and Daniel prepared to go out the door. "Back in a bit!" called Seth. "We're going to Krispy Kreme!"

In August, Seth moved to New York to begin a master's program in musical composition at NYU. Two weeks later, Lee moved to Oberlin College for his freshman year. It seemed especially unfair for these goodbyes to hurt so much, since the working theory was that Donny and I would avoid the pain of an empty nest by continuing to fill the nest. I sadly phoned Donny from the Cleveland airport after I had left Lee. "I don't think our plan is working. We're getting the pain of empty nest anyway ... "

"I know," he said. "But we don't get to go to Paris."

That evening, as I clattered over the threshold of our house with my small suitcase, I had to face the fact that the family was falling into chaos—too many arrivals and departures within a two-month period had left everything in turmoil. Yosef, Jesse, Daniel, and Sol—ages 10, 12, 13, and 13—insulted and pounded one another nonstop. Donny and I yelled “No fighting!” so often and with so little result, we might as well have been yelling “Hit him harder!” The nurturing older brother version of Daniel had disappeared; he looked fierce and exasperated. Yosef no longer shone with joie de vivre. Helen, 11, whispered to me that Yosef wasn’t speaking to her, but she didn’t know why, and Sol wasn’t speaking to Jesse. At dinner, Sol took his plate and went to sit alone in the living room.

> **I feared that we weren’t really a *family* anymore, that we’d turned into a group home.**

“Get in here!” I yelled. “Sit with the family!”

“I’m finished,” he muttered in reply, dumping his plate in the sink.

After dinner, Lily, 15, the only “bio” child still at home, shook her head ominously at me, helped clean up, and went upstairs. Helen vanished too. I peeked into her bedroom, and she burst into tears. “I just don’t feel close to anyone in the family anymore,” she said, sobbing, as I held her.

The next day, the sight of sweet potatoes in a kitchen drawer made my heart drop with longing because I’d bought those sweet potatoes for Lee and had forgotten to prepare them. And then my heart sank again when I saw that Daniel was strolling about in Seth’s enormous neon-green Crocs, though Seth hated them and had probably given them to Daniel.

Daniel sat down at the kitchen table to eat a mango. “I’m feeling homesick for Molly, Seth, and Lee,” I admitted.

“Mom!” he blurted. “You sick?!”

“No, not *sick*. *Homesick*—it’s a feeling, when you miss your family.”

“I know this! Me this! Family far,” he said, referring to the loneliness he’d felt during the long wait for the adoption finalization. After finishing his snack, he used his brand-new cell phone to call Lee at college: “Lee!” he barked. “You sick?”

Without the two affectionate, clowning older brothers at home—always coming up with games and outings—the family no longer generated happiness. Borrowed items of clothing were yanked back. No one liked dinner. No one took out the trash. Somebody took somebody else’s sports drink out of the refrigerator and drank all but the last drop and put it back. Insatiable demands for iPods, computers, and cell phones rose clamorously. Donny, tired of hearing it all, trudged upstairs and went to bed early on many nights. The dogs trudged up behind him: They were fed up too. I feared that we weren’t really a *family* anymore, that we’d turned into a group home.

I typed "HELP!!!" in the subject line of an e-mail and sent it to my friend Andrea Sarvady, who lives directly across the street.

When the Internet was young and Andy e-mailed me for the first time, I had e-mailed back, "You know you could open your window and shout and get the news here faster." But over time, we became regular e-mail correspondents, despite the fact that when I leaned back in my desk chair, I could see her house through my front window.

Rather than replying by e-mail, Andy—a hip, black-haired, and fast-talking woman—ran right over.

"The older three," I wept, "Molly, Seth, Lee, so wonderful ... all far away. Lily, Helen, so nice to everyone ... "

"Got it," said Andy, "and the four younger boys are a train wreck."

I covered my face with a Kleenex. "I hate the silent treatment," I wept. "It's so mean."

Andy was a nationally syndicated political columnist who had once worked as a high school counselor. "Let me take this one," she said. "I'll meet with the boys tomorrow after school. Send me a list of the issues, get a poster board and a marker, and don't tell them I'm coming."

"But the emotions are so complicated!" I said. "There's no family life; there's no fun anymore."

Andy laughed. "I'm not going anywhere near the touchy-feely stuff. I don't care about their feelings! They don't love each other—so what? I'm going strictly behavioral on this one. Just send me your list."

My list read:

UNPLEASANT BEHAVIORS:

- Getting mad at each other over small things
- *Staying* mad at each other, bearing grudges
- Giving each other the silent treatment
- Giving Mom or Dad the silent treatment, sulking
- Eating dinner elsewhere to avoid someone in the family
- Hitting
- Acting annoyed when asked to help clean up, take the garbage out, etc.
- Borrowing something from a sibling without permission, refusing to give it back, refusing to share
- Acting entitled to bikes, cell phones, and computers—without earning them in any way

WHAT WE WANT IS:

- A house where everyone feels safe and valued
- A house with a happy and playful mood

This is not a free-for-all, everybody-for-himself; it is a family.

At five o'clock the next afternoon, Andy breezed across the street with the jaunty good humor of a fortysomething professional woman who has three daughters. "Okay, guys!" she called, peeking into many rooms to collect them all. "Let's go! Right now!" Caught off guard, Sol, Jesse, Daniel, and Yosef followed Andy to the basement rec room. "You gals run upstairs. We don't need you," she told Lily, Helen, and me. But she asked Mrs. Azeb Arega, our Amharic-speaking Ethiopian babysitter, to come along and translate for Yosef and Daniel so there would be no misunderstanding.

> **Each fight, each glitch, offered a moment for introspection, discovery, and repair.**

Andy addressed our young athletes (she later told me) like this: "Guys, if your family were a soccer team, you'd be losing. A team of babies could beat Team Samuel. You are *not* pulling together, you are *not* communicating, and you're going to *lose*.

"Your mom told me what's going on, and I don't like it. I'm going to read you a list of what I think is happening here. You tell me if anything is not correct."

As she read my list, the boys slumped deeper into the sofas. "I'm not saying it's *you* or it's *you*," Andy said. "I'm not interested in who is doing what. I'm just saying this is happening, and it doesn't feel good."

Azeb, translating, was less tactful (I learned later). When Andy said, "I'm not saying it's *you* or it's *you*," Azeb said, "Yosef, this is you."

When Andy said, "I'm not interested in who is doing what," Azeb said, "Yosef, listen to Andy."

When Andy read the list of problems, Azeb inserted comments like "Yosef, you know you did this one."

Andy leaned the poster board against the Ping-Pong table, wrote *Team Samuel* across the top, and said, "Now I want suggestions on how to make Team Samuel better."

The boys raised their hands. Andy called on each one and wrote down their proposals:

1. No fighting
2. Don't do the things on Mom's list
3. Talk—don't just act mad
4. Don't be annoying

"I want you all to be *great* tonight and tomorrow," Andy said. "I don't want to hear 'But it wasn't on the list that I couldn't get up at four in the morning and watch TV.' If you're great, your mom will take you to the movies tomorrow night. Whoever is not great will stay home."

The boys ran up the basement stairs. Daniel found me first, hugged me, and said, "I'm sorry, Mom." Jesse hugged me and said, "I'm sorry, Mom." Sol hugged me and said, "I'm sorry, Mom." Yosef hugged me and said, "I hate Azeb."

Then they and Helen and Lily went outside and played basketball for an hour until dinner. They all came running in, sweaty and happy, and someone yelled, "Team Samuel!"

WE'RE CELEBRATING 30 YEARS OF CHANGING LIVES!

Work at Home

or get a great paying on-site job!

- Train at home in your spare time!
- No schedules to keep.
- No classes to attend.
- Accredited, affordable, approved!

Work at home and be there for your family!
OR
Enjoy an exciting on-site career!

Earn up to $50,000* a year and more!

Choose Any One of These Great Careers

GET YOUR CAREER CERTIFICATE IN AS LITTLE AS 4 MONTHS

- ☐ Medical Billing
  Earn up to $40,000 a year
- ☐ Wedding/Event Planning
  Earn up to $50,000 a year
- ☐ Criminal Justice
  Earn up to $50,000 a year
- ☐ Bookkeeping
  Earn up to $35,000 a year
- ☐ Animal Care Specialist
  Earn up to $30,000 a year
- ☐ Pharmacy Technician
  Earn up to $35,000 a year
- ☐ Insurance Claims Adjuster
  Earn up to $55,000 a year
- ☐ Healthcare Office Manager
  Earn up to $45,000 a year
- ☐ Medical Transcription
  Earn up to $40,000 a year
- ☐ Home Inspection
  Earn up to $50,000 a year
- ☐ Computer Essentials
  Earn up to $30,000 a year
- ☐ Administrative Assistant
  Earn up to $40,000 a year
- ☐ Accounting Services
  Earn up to $40,000 a year
- ☐ Legal Assistant
  Earn up to $45,000 a year
- ☐ Medical Coding
  Earn up to $40,000 a year
- ☐ Medical Assistant
  Earn up to $38,000 a year
- ☐ Massage Therapy
  Earn up to $40-$45 per hour
- ☐ Asst. to Court Reporters
  Earn up to $40,000 a year
- ☐ Child Daycare
  Earn up to $29,000 a year
- ☐ Certified Personal Trainer
  Earn up to $20-$30 per hour
- ☐ Patient Care Technician
  Earn up to $10-$15 per hour
- ☐ Dental Assistant
  Earn up to $40,000 a year

GET YOUR ASSOCIATE DEGREE IN AS LITTLE AS 16 MONTHS

- ☐ Health Information Technician
  Earn up to $45,000 a year
- ☐ Entrepreneurship
  It's up to YOU!
- ☐ Business Management
  Earn up to $50,000 a year

Approved training at an affordable price!

- ☐ Human Resources
  Earn up to $45,000 a year
- ☐ Fashion Merchandising
  Earn up to $55,000 a year
- ☐ Financial Services
  Earn up to $40,000 a year
- ☐ Medical Specialties
  Earn up to $40,000 a year
- ☐ Social Work
  Earn up to $40,000 a year
- ☐ Marketing
  Earn up to $55,000 a year
- ☐ Accounting
  Earn up to $50,000 a year

Approved for GI-Bill, VA and MyCAA benefits!

GET FREE FACTS! Contact Us Today!

U.S. Career Institute
2001 Lowe Street, Dept. RDDB2A41
Fort Collins, CO 80525

1-877-563-5072 Dept. RDDB2A41
www.uscieducation.com/rdd41

Train at home for a New Career
Sent FREE!

YES! Rush me free facts on how I can train at home for any one of these exciting careers.
Course Name: ______
Name ______ Age ______
Address ______ Apt. ______
City ______ State ______ Zip ______
E-mail ______

**With experience, based on figures from professional associations, 3rd party resources and/or the U.S. Dept. of Labor's BLS website.*

0175

StoreMags.com - Free Magazines Download In True PDF format

Release: StoreMags & FantaMag

After dinner, first Daniel, then Yosef, kissed me and thanked me for dinner.

On Saturday night, as the reward for all this greatness, I took them to the stupidest movie ever made—*Balls of Fury*—and they loved it.

Andy was delighted with my reports but warned, "It won't last."

"It might last," I said.

"No," she laughed. "It won't."

S**adly, Andy was right.** Sol and Daniel got into a fistfight and then stopped speaking to each other for months; nothing I tried worked.

With Molly, Seth, and Lee about to arrive for winter vacation, a lot of family fun was within reach—big games of Risk and Scrabble and basketball and Ultimate Frisbee, along with the late-night kid-only cooking parties, movie watching, and top-to-bottom trashing of the house—if only Sol and Daniel could release the anger.

Their silent fury may have been the last hurrah of two separate units: Yosef-and-Daniel, a small independent corporation, and the seven-children-and-two-parent family that was proving to have less-than-porous boundaries. It was Jesse who finally broke the ice, casually inviting both boys to hang out. Soon they were not only jumping together on the trampoline but also passing a soccer ball back and forth. Little by little, over the next few days, the once-dead circuit between them was dimly lit by a current of syllables. Hanukkah, with all nine children at home, was joyful.

By the end of winter break, they were amiably conversant. On the first school morning of 2008, Sol and Daniel walked to the bus stop together.

It was, truly, the beginning of a wonderful friendship.

What turned the tide? I wasn't certain. When it happened again—and it would happen again between varying sets of younger children (though not between Sol and Daniel)—I would blunder ahead along the same lines. Each fight, each glitch, each mini tragedy, offered a moment for family introspection, discovery, and repair. Each offered us a chance to emerge at a slightly better, closer level. Each time, I would try to relay the news to unhappy children that a life guided by friendliness, patience, and forgiveness is happier than a life warped by resentments, a sense of victimization, and a desire for revenge. "You each have the freedom to choose," I told them, "which mood to share with the family, which incidents you want to focus on, and what kind of person you want to be."

From that time on, we began to lurch and scrabble ahead as a new entity, not as residents of a group home but as a many-armed, multi-legged, profusely eyed crab-walking creature like something in a sack race, with scads of hair, umpteen ribs and toes and fingers, oodles of brains, and plenty of heart: a family. ■

NO BIKING IN THE HOUSE WITHOUT A HELMET, COPYRIGHT © 2011 BY MELISSA FAY GREENE, IS PUBLISHED AT $26 BY SARAH CRICHTON BOOKS, AN IMPRINT OF FARRAR, STRAUS AND GIROUX, 18 WEST 18TH STREET, NEW YORK, NY 10011

Moisturizing Shave Cream

PURE SILK®

PURE SILK
Moisturizing
Shave
Cream
Barbasol
For legs like Pure Silk.
Rust-proof bottoms!

Shaving with soap and water won't get you this soft or this smooth. Enjoy soothing aloe and emollients to help prevent nicks and cuts. And magnificent moisturizers for legs that look and feel like pure silk!

overstock.com
shortcut: www.o.co

$2.95 Shipping on Your Entire Order**

Sweet Romance 'Dream' Charm Bracelet
$44.99

Nutra Sonic 2-speed Travel Brush Set
$52.99

Canon PowerShot ELPH 100 HS 12.1MP Digital Camera
$199.00

$5 Off your purchase of $45 or more*
Use promo code **206568** at checkout.

*Enter promo code on order review page under billing information section. Offer excludes books, music, movies, games, cars, auctions & real estate products. Offer applies to Continental U.S. orders only. Promo code is limited to one use per customer. Cannot be combined with any other offer or discount. Offer ends 07/31/2011. Prices subject to change. Products limited to availability. **Excludes Alaska, Hawaii, and international. See site for further shipping details. © 2011 Overstock.com. All rights reserved.

Quotes

It is only when you see people looking ridiculous that you realize just how much you love them.

Agatha Christie

ILLUSTRATED BY JOHN KASCHT

To solve any problem, here are three questions to ask yourself: First, What can I do? Second, What can I read? And third, Who can I ask? *Jim Rohn,* businessman/author

Great people talk about ideas, average people talk about things, and small people talk about wine. *Fran Lebowitz*

The truth needs so little rehearsal.

Barbara Kingsolver

I have witnessed the softening of the hardest of hearts by a simple smile.

Goldie Hawn

The problem is that the people with the most ridiculous ideas are always the people who are most certain of them. *Bill Maher*

Just because you're offended doesn't mean you're in the right.

Ricky Gervais

If you can't spot the pigeon in a poker game, then you're probably it.

James Patterson

Hoping for something is always good for the soul. *B. Traven,* author

Imagine Living Your Entire Life Looking Like This Because You Could Never Afford $250 For Surgery.

Free cleft surgery which takes as little as 45 minutes and costs as little as $250, can give desperate children not just a new smile — but a new life.

"...one of the most productive charities — dollar for deed— in the world."
—*The New York Times*

Your support can provide free treatment for poor children with clefts.

☐ $250 Surgery. ☐ $125 Half surgery. ☐ $50 Medications. ☐ $ ______

Mr./Mrs./Ms. ______ Zip ______
Address ______ City ______ State ______
Telephone ______ eMail ______
Credit Card # ______ Expires ______
☐ Visa ☐ MasterCard ☐ AMEX ☐ Discover Signature ______
☐ My check is enclosed. Z11051008ZSKY13

SmileTrain, P.O. Box 96211, Washington, DC 20090-6211

Donate online: www.smiletrain.org
or call: 1-800-932-9541

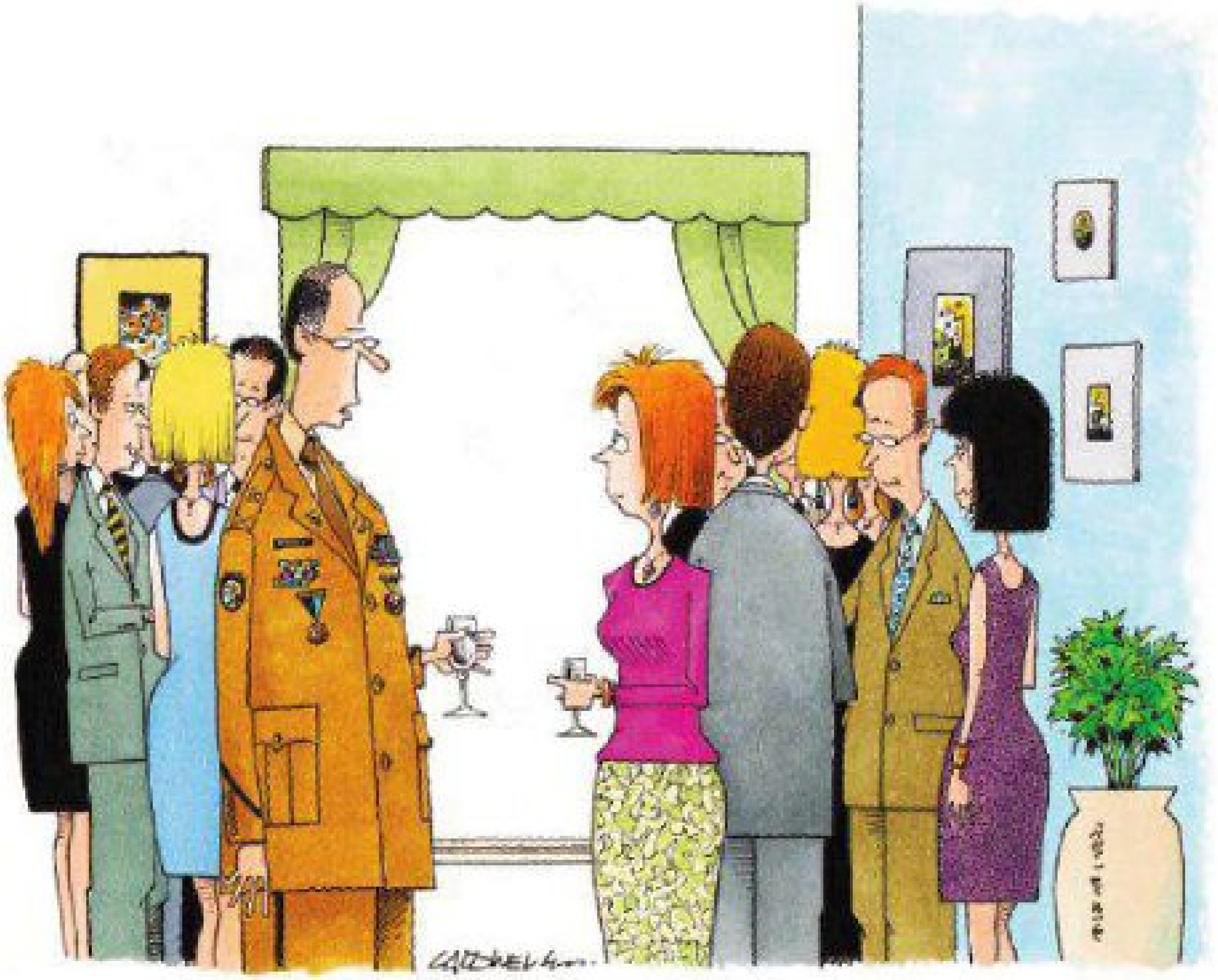
SmileTrain
Changing The World One Smile At A Time.

A Healthy Diet During Pregnancy Can Help Prevent Birth Defects And Clefts. According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help reduce the risk for cleft lip and palate. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; and caffeine. For more information, visit www.SmileTrain.org. Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2011 Smile Train.

Off Base

When I took my school-age daughters to a lunch with veterans, I told them to ask questions. One of the men said he'd fought in the Korean War, and the girls were so impressed that the eldest wanted to know more: "Did you fight for the North or the South?"

Letha Scrimpsher, Fair Play, South Carolina



"My father was in the infantry, and his father before him was infantry. But somehow I ended up in punditry, cable news division."

While the choice of words might be off, a pharmacy near Dover Air Force Base in Delaware is doing its part to help soldiers serving abroad. A sign in the store reads: Place suggestive items in donation box to be sent to our soldiers overseas. *Elizabeth Hartung,* Magnolia, Delaware

I was in our local VA hospital when a clerk began scolding a veteran who'd lit up a cigarette in a no-smoking area. "Sir!" she barked. "When did you start smoking?"

The conversation came to a halt when he replied, "In Vietnam, right after that first bomb dropped."

Dorothy Kreipke-Miller, Roseville, California

My unit was building shelves in the USO at an Army camp in Kuwait with the help of a very gruff Marine sergeant.

"Sergeant, where do you want this?" I asked, holding up his tape measure.

"Put it with my hat," he said.

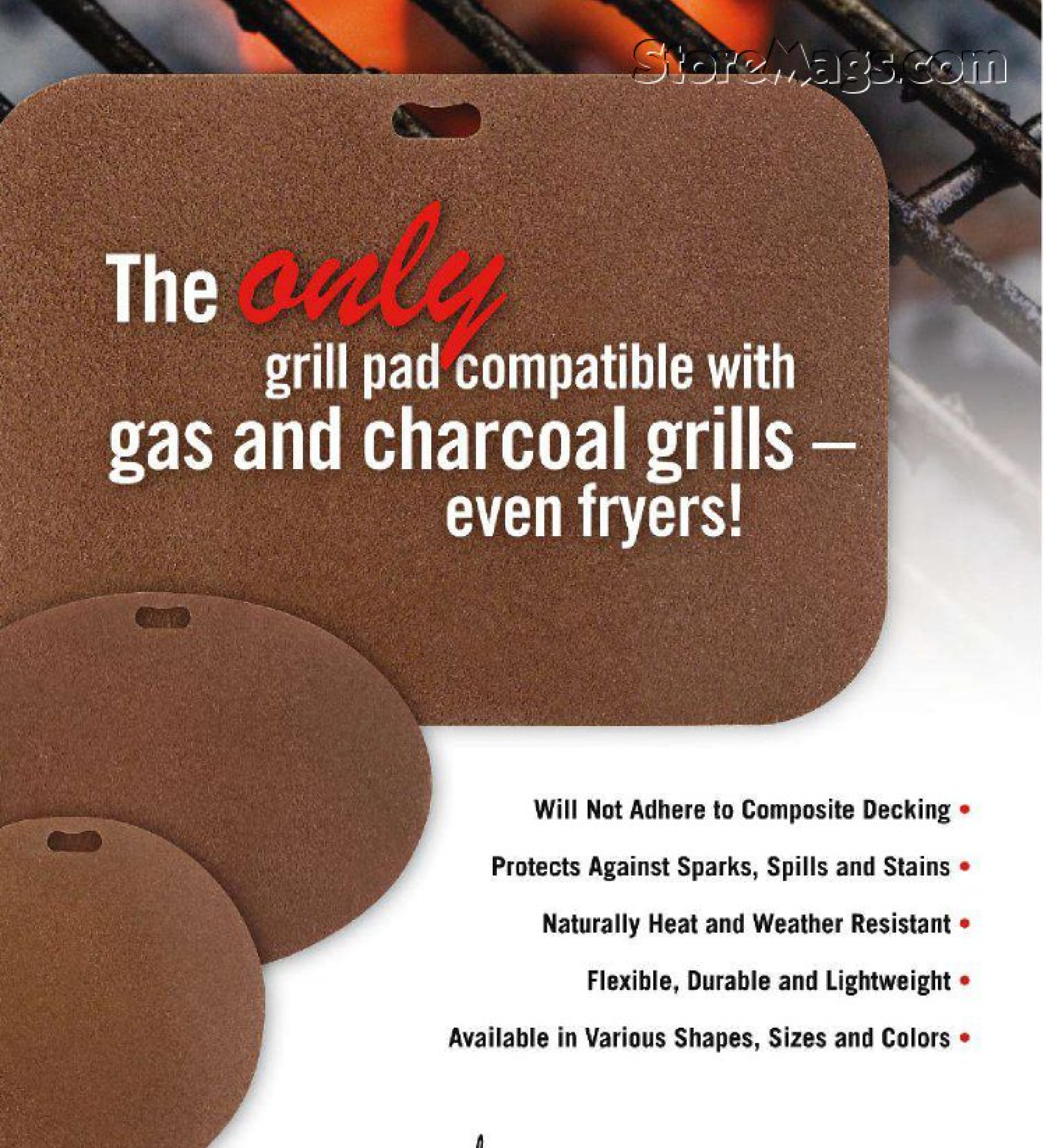
"'Hat'? Don't you Marines call it a 'cover' or a 'lid'?"

With a look of contempt, he asked, "Do I look like a Crock-Pot to you?"

Bonah Bachenheimer, Long Beach, California

Your favorite new joke, funny military anecdote, or crazy news story might be worth $$$. See page 74 for details.

ILLUSTRATED BY JOHN CALDWELL



The *only* grill pad compatible with gas and charcoal grills – even fryers!

- Will Not Adhere to Composite Decking •
- Protects Against Sparks, Spills and Stains •
- Naturally Heat and Weather Resistant •
- Flexible, Durable and Lightweight •
- Available in Various Shapes, Sizes and Colors •

The *Original* Grill Pad®

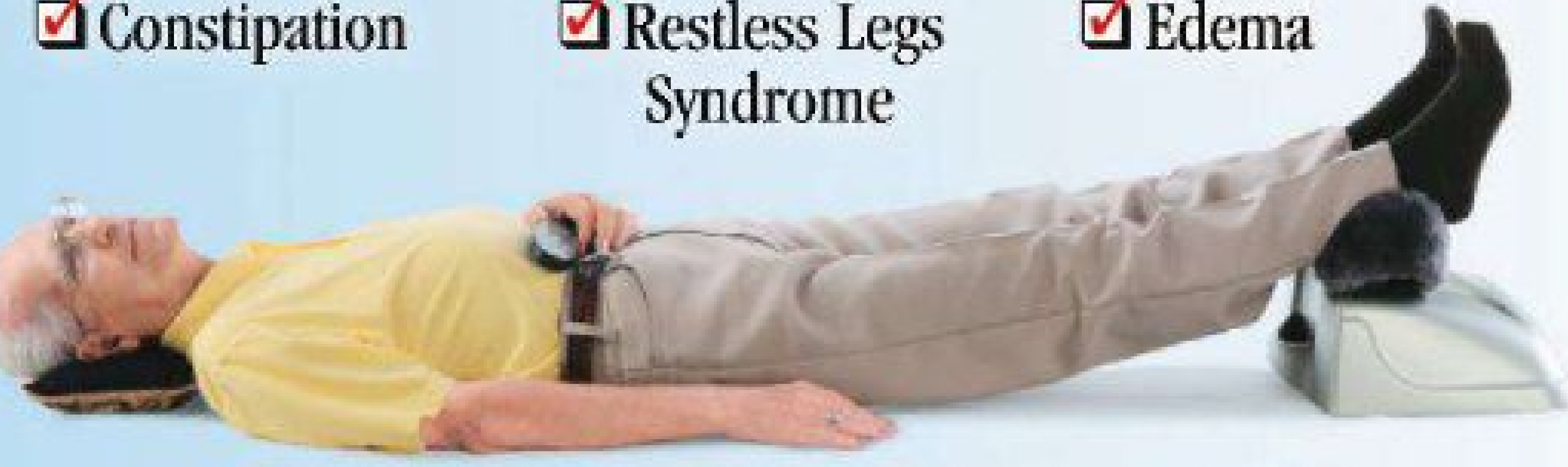
What's under your grill?™

MADE IN THE USA

Available at Your Local Home Centers and Hardware Stores. www.grillpad.com | 866.474.5572

If you suffer from…

- ☑ Lack of Energy
- ☑ Fibromyalgia
- ☑ Joint Pain
- ☑ Constipation
- ☑ Back Pain
- ☑ High Blood Pressure
- ☑ Restless Legs Syndrome
- ☑ Poor Circulation
- ☑ Obesity
- ☑ Edema
- ☑ Insomnia
- ☑ Neuropathy
- ☑ Diabetes
- ☑ Arthritis
- ☑ Multiple Sclerosis
- ☑ Knee Pain
- ☑ Spinal Stenosis
- ☑ Lymphedema
- ☑ Stress



81 year old with pacemaker using the Exerciser 2000 Elite®

You owe it to yourself to own the Exerciser 2000 Elite®

Receive some of the benefits of aerobic exercise without stress or impact on the joints!

The Exerciser 2000 Elite® is a passive exercise machine capable of providing positive results. Studies indicate passive exercise can be extremely beneficial, especially to those who are unable to do aerobic type exercise. Exercising on a regular basis is essential to our overall well-being.

The Exerciser 2000 Elite® is superior to similar models on the market and will easily accommodate individuals weighing up to 425 pounds. It does not take up a great deal of space and is low maintenance. Operating the machine is simple…just lie down and relax. The machine creates a gentle, right to left movement, which cycles up through the whole body.

People of all ages, with a wide variety of health issues, are using the Exerciser 2000 Elite® on a daily basis and receiving wonderful results.

The Exerciser 2000 Elite® comes with a standard **2 year parts and labor warranty!** It is built for long term use and will provide many years of in-home therapy, as well as peace of mind knowing you own the highest quality machine available.

Tone muscles

Increase mobility

Relieve stiffness from head to toe

Increase circulation throughout the body

Energize the body

Features

- Built in an ISO-9001 CERTIFIED facility
- FDA Class Registered
- ETL Approval
- Weighs only 15 pounds
- 15" wide x 13.5" deep x 9.5" high

BBB ACCREDITED BUSINESS bbb.org

A+ Rating

90 day no risk money back guarantee

Customer Feedback

I have had such lower back pain that I could hardly stand it. I saw your ad two years ago and thought it wouldn't help me. But, I ordered one anyway. I have used it for four months now. I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser 2000.
—*C. Cordes*

Little did I know when I ordered the Exercise 2000 Elite® that it would prove valuable to my wife of 62 years. I got it for the stiffness in my legs and it works perfectly to get me loosened up after playing tennis in the morning. When I come home I immediately get on the Exerciser 2000 Elite® for ten minutes and I feel great! My wife suffers from restless leg syndrome at night. Instead of walking the floor for a long period of time, she just gets on the Exerciser for ten minutes and the symptoms subside.
—*Dick P.*

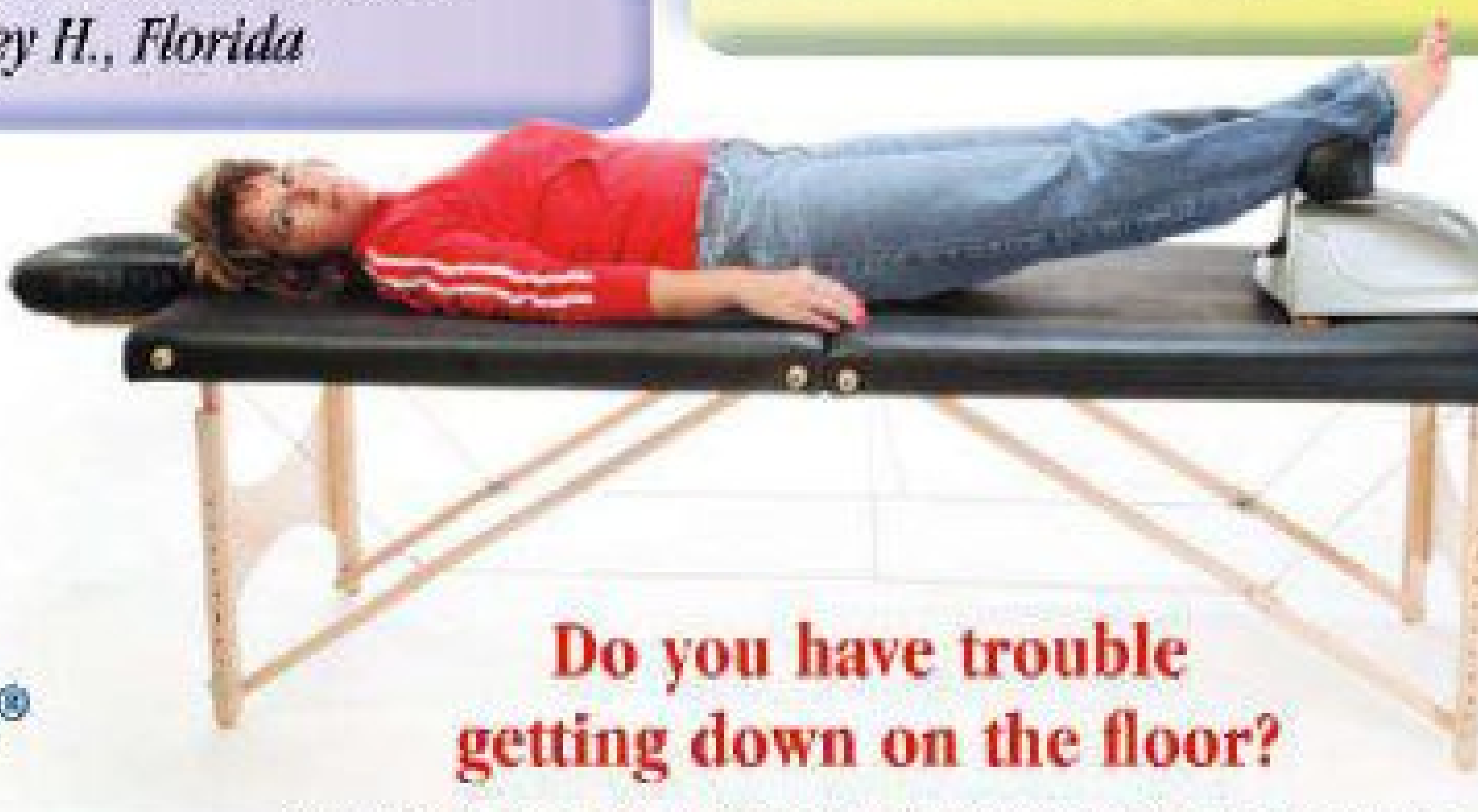
I am 76 years old, heavy, stiff with arthritis and a leukemic for the past nine years. Using your machine twice a day has made me feel ten years younger. I also have a great deal more energy. When you say that your company is in the business of "helping people feel better", it is no fib! —*Kate B.*

I am 97 years old and have edema in my left foot and leg. My daughter saw the Exerciser 2000 in an ad and encouraged me to try it. It is helping a lot and I feel alive again. Thank you!
—*Grace R.*

After using the Exerciser 2000 Elite® twice a day for one week the swelling in my ankles went away. It has also helped my breathing, as I can get out and walk without having to stop and catch my breath! Thank you.
—*Shirley H., Florida*

I am an 88 year old woman with multiple health problems. After seeing the ad for the Exerciser 2000 Elite® I ordered it and use it daily. I can tell it has improved circulation in my legs and by doing that it has helped my balance and walking problems. To those of you that think that you can't do regular exercise anymore, try this piece of equipment and you will be amazed how much better you will feel.—*Mildred F.*

As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic. —*Garry G., D.C.*



Do you have trouble getting down on the floor?

The Clark Exerciser Elite Table is specially designed to use with the Exerciser 2000 Elite® and is sold separately.

Experience the Exerciser 2000 Elite®

Order Today

FACTORY DIRECT PRICE

$349.95 and FREE shipping
in the lower contiguous 48 states.
Use code **B800** when ordering.

Save on reconditioned units when available.

220/230 volt model available for International use.

To view product video and customer feedback, visit
www.clarkenterprises2000.com

1-800-748-7172

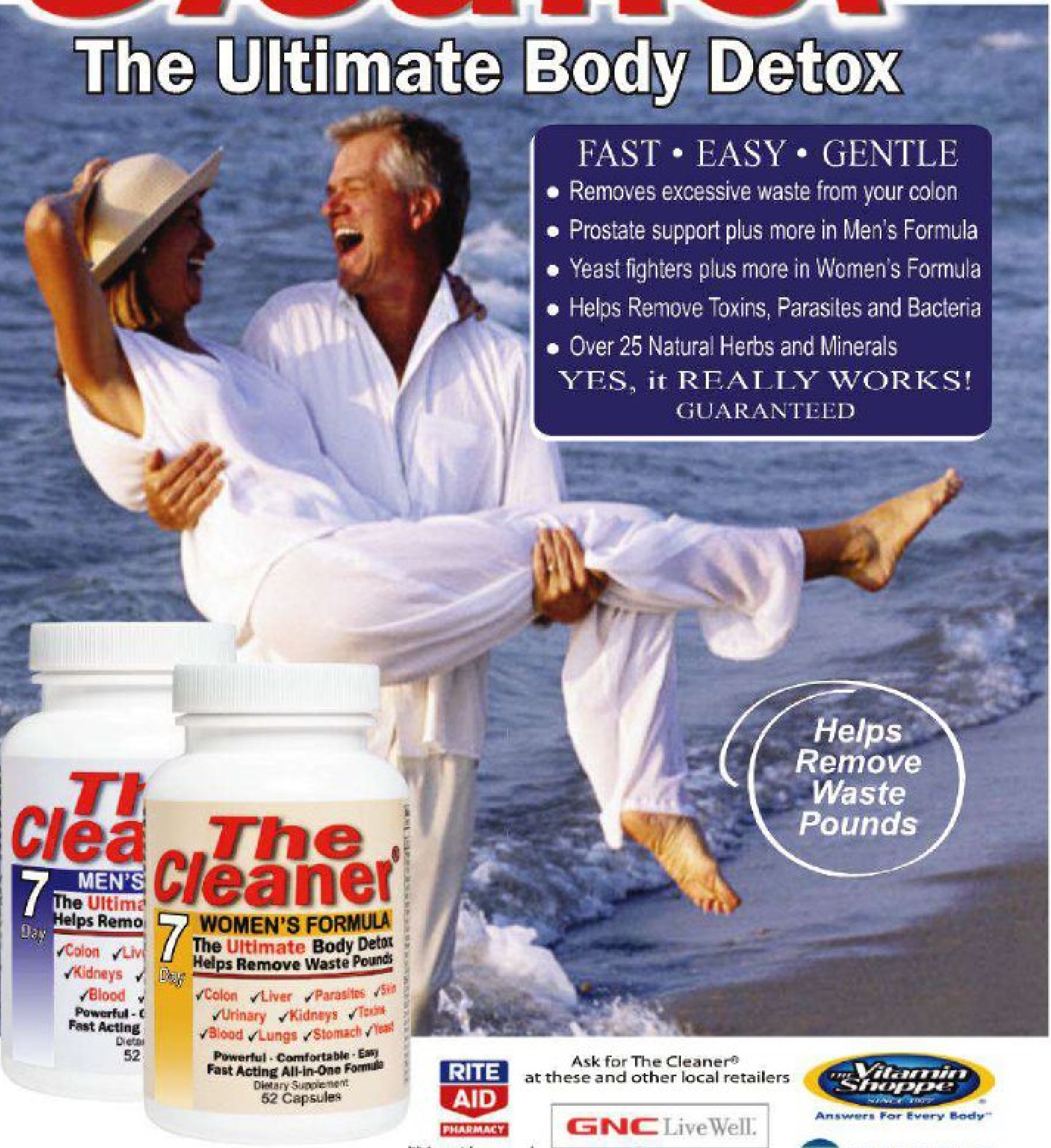
Clark ENTERPRISES 2000 INC
The helping people feel better company
Family owned since 1959
240 Berg Road • Salina, KS 67401

Price, terms and conditions subject to change without notice.
These statements have not been evaluated by the FDA.
Not intended to treat, cure or prevent any diseases.

StoreKags.com

The Cleaner®

The Ultimate Body Detox


Helps Remove Waste Pounds
The Cleaner
MEN'S
7 Day
The Ultima
Helps Remo
✓Colon ✓Liv
✓Kidneys
✓Blood
Powerful - C
Fast Acting
Dietar
52
The Cleaner®
7 Day
WOMEN'S FORMULA
The Ultimate Body Detox
Helps Remove Waste Pounds
✓Colon ✓Liver ✓Parasites ✓Skin
✓Urinary ✓Kidneys ✓Toxins
✓Blood ✓Lungs ✓Stomach ✓Yeast
Powerful - Comfortable - Easy
Fast Acting All-in-One Formula
Dietary Supplement
52 Capsules

FAST • EASY • GENTLE

- Removes excessive waste from your colon
- Prostate support plus more in Men's Formula
- Yeast fighters plus more in Women's Formula
- Helps Remove Toxins, Parasites and Bacteria
- Over 25 Natural Herbs and Minerals

YES, it REALLY WORKS!
GUARANTEED

Ask for The Cleaner®
at these and other local retailers

RITE AID PHARMACY
With us, it's personal.

GNC LiveWell.

The Vitamin Shoppe
Answers For Every Body™

VITAMIN WORLD
get healthy.

These statements have not been evaluated by the FDA. This product is not intended to treat, cure or prevent any disease.

[illegible]

Word Power

BY PAUL SILVERMAN

In Words We Trust

The United States can take credit for scores of contributions to the world's lexicon: *Rock 'n' roll, software, teddy bear,* and even *A-OK* are just a few all-American additions. So to celebrate this year's Best of America issue, we've compiled some lesser-known gems with U.S. roots. **Answers (plus a little etymology) on next page.**

1. borax *n.*—A: cheap or shoddy merchandise, usually furniture. B: wooden dam. C: creature in folklore.

2. highbinder *n.*—A: type of moonshine. B: 19th-century gun. C: corrupt politician or mean person.

3. Holy Joe *n.*—A: meat sandwich. B: clergyman. C: exclamation used in early baseball leagues.

4. spoony *adj.*—A: silly or unduly sentimental. B: drunk. C: slow-witted.

5. alewife *n.*—A: rudimentary log cabin. B: kinship. C: herring common to the Atlantic Coast.

6. blackstrap *n.*—A: type of molasses. B: early horse saddle. C: gambling house.

7. slimsy *adj.*—A: of questionable nature. B: frail. C: slippery.

8. blatherskite *n.*—A: double-edged hunting knife. B: one who speaks nonsense. C: red rock indigenous to North America.

9. sockdolager *n.*—A: decisive blow or answer. B: counselor. C: nickname for a banker.

10. jag *n.*—A: stone step. B: unrestrained activity. C: insult.

11. piker *n.*—A: one who gambles with a small amount of money or does something cheaply. B: one who prefers to walk. C: nickname for a logger.

12. simon-pure *adj.*—A: as fresh as mountain air. B: immoral, from *Uncle Tom's Cabin.* C: of untainted integrity.

13. callithump *n.*—A: boisterous band or parade. B: carnival game. C: rabbit originally found in the Deep South.

14. deadhead *n.*—A: traveler who has not paid for a ticket. B: slang for male witch. C: weed particular to the Florida Everglades.

Sound Smarter

Americans are famous for **sympathy** and **empathy**, but despite our best intentions, we sometimes misuse the two. Offer sympathy, for instance, when you simply intend to express your compassion for someone. But offer empathy when you can picture yourself in that person's shoes and can identify with his or her thoughts and emotions.

ILLUSTRATED BY LUC MELANSON

Answers

1. borax—*[A]* cheap or shoddy merchandise, usually furniture (probably from New York's Lower East Side; late 1800s). "What a *borax* of a table!" cried Alison as its legs collapsed.

2. highbinder—*[C]* corrupt politician or mean person (from the Highbinders, bullies in New York City; early 1800s). While not an evil man, the mayor was at the very least a *highbinder*.

3. Holy Joe—*[B]* clergyman (slang, especially in the U.S. armed forces; 1800s). The anxious privates all went to visit the *Holy Joe* before shipping out.

4. spoony—*[A]* silly or unduly sentimental (from *spoon*, "foolish person"; early 1800s). Her *spoony* ex tried to win her back with a truckload of tulips.

5. alewife—*[C]* herring common to the Atlantic Coast (perhaps an alteration of an American Indian name; 1633). Art prefers *alewife* to typical sea herring.

6. blackstrap—*[A]* type of molasses (from a mixture of rum and molasses; 1800s). Fran's must-have ingredient for his beans? *Blackstrap* molasses.

7. slimsy—*[B]* frail (blend of *slim* and *flimsy*; 1845). "I can't knit with *that*," Emilie said. "The cotton is so *slimsy*!"

8. blatherskite—*[B]* one who speaks nonsense (alteration of Scottish *blether*, "blather," and *skate*, "contemptible person"; U.S. usage from the American Revolution). Can't anyone silence that *blatherskite*?!

9. sockdolager—*[A]* decisive blow or answer (perhaps from *sock*, "to hit hard"; 1827). The variation *sockdologising* is supposedly one of the last words Lincoln heard before being shot.

10. jag—*[B]* unrestrained activity (from Jack London's *The Valley of the Moon*; 1913). Joy went on a whining *jag* after losing her phone.

11. piker—*[A]* one who gambles with a small amount of money or does something cheaply (from frugal residents of Pike County, Missouri; mid-1800s). Always the family's *piker*, Ruthie played only three dollars at the craps table.

12. simon-pure—*[C]* of untainted integrity (from a character in the English play *A Bold Stroke for a Wife*; U.S. usage, 1840s). Her reputation as a writer? She's *simon-pure*.

13. callithump—*[A]* boisterous band or parade (from *callithumpian band*, "noisemakers on New Year's Eve"; 1800s). At the much-anticipated *callithump*, the Colts celebrated their gridiron win.

14. deadhead—*[A]* traveler who has not paid for a ticket (at least as far back as 1840s New York City). "Does that deadhead really work for the airline?"

VOCABULARY RATINGS

- **8 and below: patriotic**
- **9–11: star-spangled**
- **12–14: all-American**

IPAD EXTRA To play an interactive version of Word Power, download the *Reader's Digest* magazine app from the iTunes Store.

Advertisement

Connections

Your Guide to What's Happening Now.

The Great State of Texas

In Texas, you'll enjoy everything from rugged outdoor adventures to relaxing retreats. Call 1-800-8888-TEX, extension 5989, or visit **TravelTex.com** to order your FREE Texas State Travel Guide.

Go RVing

With our complimentary video, you'll ride along with five real families on their RV adventures. Go Affordably. Go RVing. Visit **GoRVing.com**.

GoRVing.com

Go to **readersdigest.com/connections** for more!

Advertisement

The Bible Guarantees It

Judgment Day May 21, 2011

...Cry mightily unto God *Jonah 3:8*

...God be merciful to me a sinner *Luke 18:13*

For biblical answers to your questions, listen to or call the **"Open Forum"** a live call-in program on Family Radio, Mon - Fri, 5:30 - 7 pm PST, 1-800-322-5385

For complete information you are invited to write: **Family Radio, Oakland, CA 94621,** or call: 1-800-543-1495, or visit: www.familyradio.com

StoreKags.com

Legal Notice

If You Made a Percentage Co-Payment for Certain Drugs Under Medicare Part B

You May Be Able To Get At Least $35 back

Hundreds of drugs for cancer, HIV, asthma, allergies, infections, inflammation, pain, gastrointestinal, lung and blood issues, and other conditions are included

---

There is a proposed class action Settlement with several drug manufacturers concerning hundreds of drugs. These drugs are used for the treatment of many medical conditions and they are often, but not always, injected in a doctor's office or clinic. For a list of the drugs, go to www.AWPTrack2Settlement.com. This lawsuit claims that consumers paid too much for these drugs. It is not about whether these drugs are safe or effective.

Can I Get Money Back?

You can get a refund if you paid a percentage co-payment for any of the covered drugs from January 1, 1991 through January 1, 2005. A percentage co-payment varies with the cost of the drug. You cannot get a refund if you paid a flat co-payment.

How Much Can I Get Back?

Approximately $21.8 million will be paid to consumers who file valid claims.

- **You can get a minimum of $35** simply by certifying you paid percentage co-payments, or

- If you can estimate what you paid and show that you paid percentage co-payments through receipts or bills, you can receive more money. **For some of the drugs, you can get three times the percentage co-payment.**

What Should I Do?

Get complete information about the Settlement and make a decision on your legal rights:

- **File a Claim**: In order to receive a payment, you must file a claim postmarked by **July 1, 2011**.
- **Exclude Yourself**: You may exclude yourself and keep your right to sue the Defendants on your own. You must submit your request for exclusion in writing postmarked by **May 24, 2011.**
- **Object or Comment**: You may object to or comment on the Settlement, but you must do so in writing by **May 24, 2011**.

The Court has appointed lawyers to represent you. You may hire your own lawyer, but at your own expense. The Court will determine whether to approve the Settlement at a Fairness Hearing on **June 13, 2011 at 2:00 p.m.** If you do not exclude yourself and the Court approves the Settlement, you will be bound by all the Court's decisions.

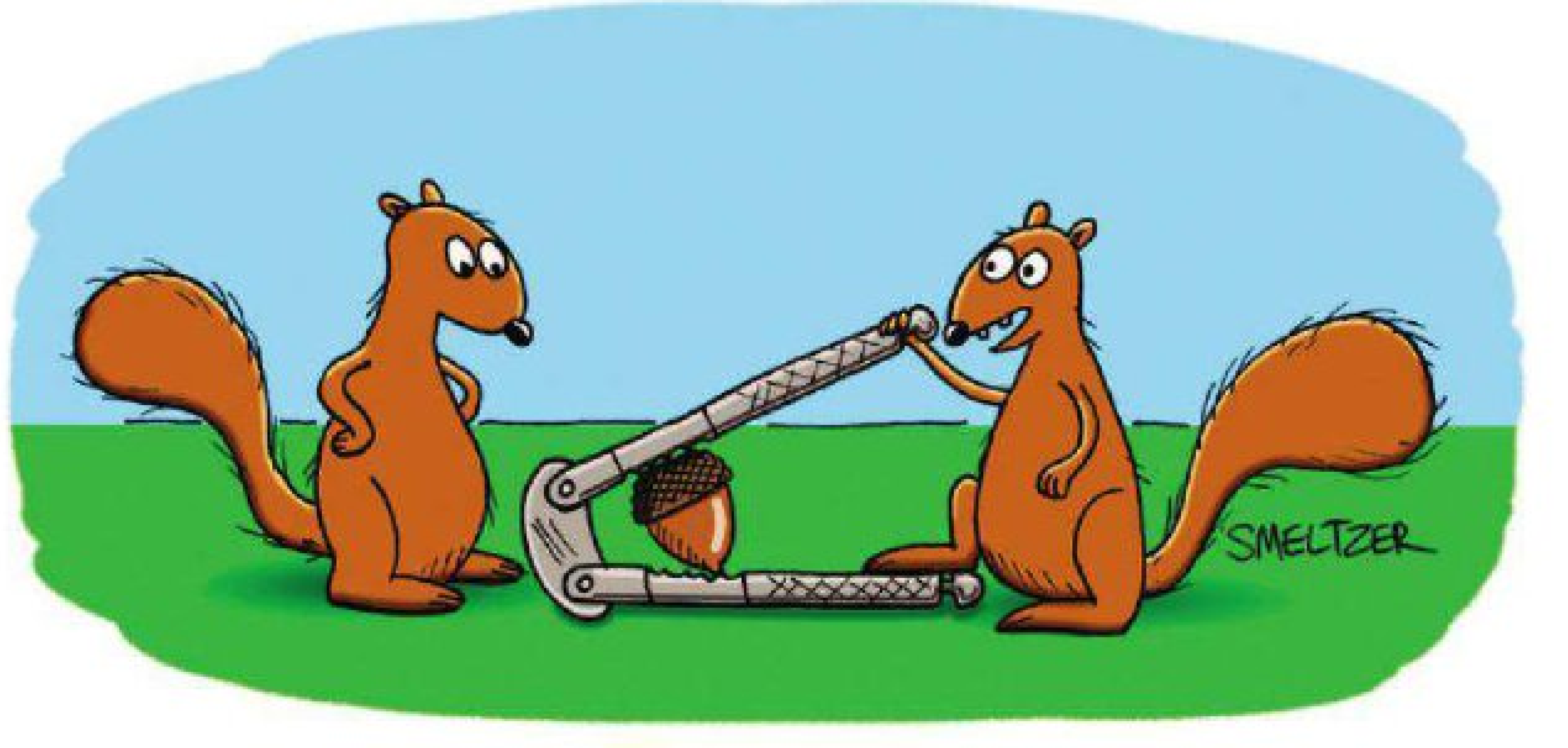
For Detailed Information and a Claim Form:

Call Toll-Free: 1-877-465-8136

Visit: www.AWPTrack2Settlement.com

Or Write: AWP Track 2 Settlement Administrator
P.O. Box 2417, Faribault, MN 55021-2417

Laugh! :)



"My dentist recommended it."

Martians land on Earth, and the first thing they do is seek out a doctor to discuss reproduction.

"Martian forms come down an assembly line, and robots add the head, arms, and legs," the head Martian begins. "At the end of the line, they receive a power surge that activates them, and they walk away to their first assignment. Now, how do you humans do it?"

The doctor whispers in the Martian's ear. His eyes grow huge in disbelief.

"That's incredible," he says.

"Why?" asks the doctor.

"Because that's how we build cars." From the Jokesmith

Did you hear about the identical twins who robbed a bank? After they were caught, they finished each other's sentences.

Submitted by *Janet Winkler,*
Las Cruces, New Mexico

TTYL: Talk to You Louder

Senior citizens have taken to texting with gusto. They even have their own vocabulary:

BFF: Best Friend Fainted
BYOT: Bring Your Own Teeth
CBM: Covered by Medicare
FWB: Friend with Beta-blockers
LMDO: Laughing My Dentures Out
GGPBL: Gotta Go, Pacemaker Battery Low! From planetproctor.com

A job applicant was asked, "What would you consider to be your main

I was watching a marathon and saw one runner dressed as a chicken and another as an egg. I thought, Now, this could be interes

ILLUSTRATED BY STEVE SMELTZER

strengths and weaknesses?"

"Well," he began, "my main weakness would definitely be my issues with reality—telling what's real from what's not."

"Okay," said the interviewer. "And what are your strengths?"

"I'm Batman."

Law & Odor

The Week *asked readers to come up with a franchise name for a company that rents out drug-sniffing dogs to parents who suspect their teens have a secret stash. Here are the ones that sound most dope:*

- Tattle Tails
- Laboratory Retrievers
- Scoobie Doobie
- Spot Check
- Hash Puppies
- BudHounds

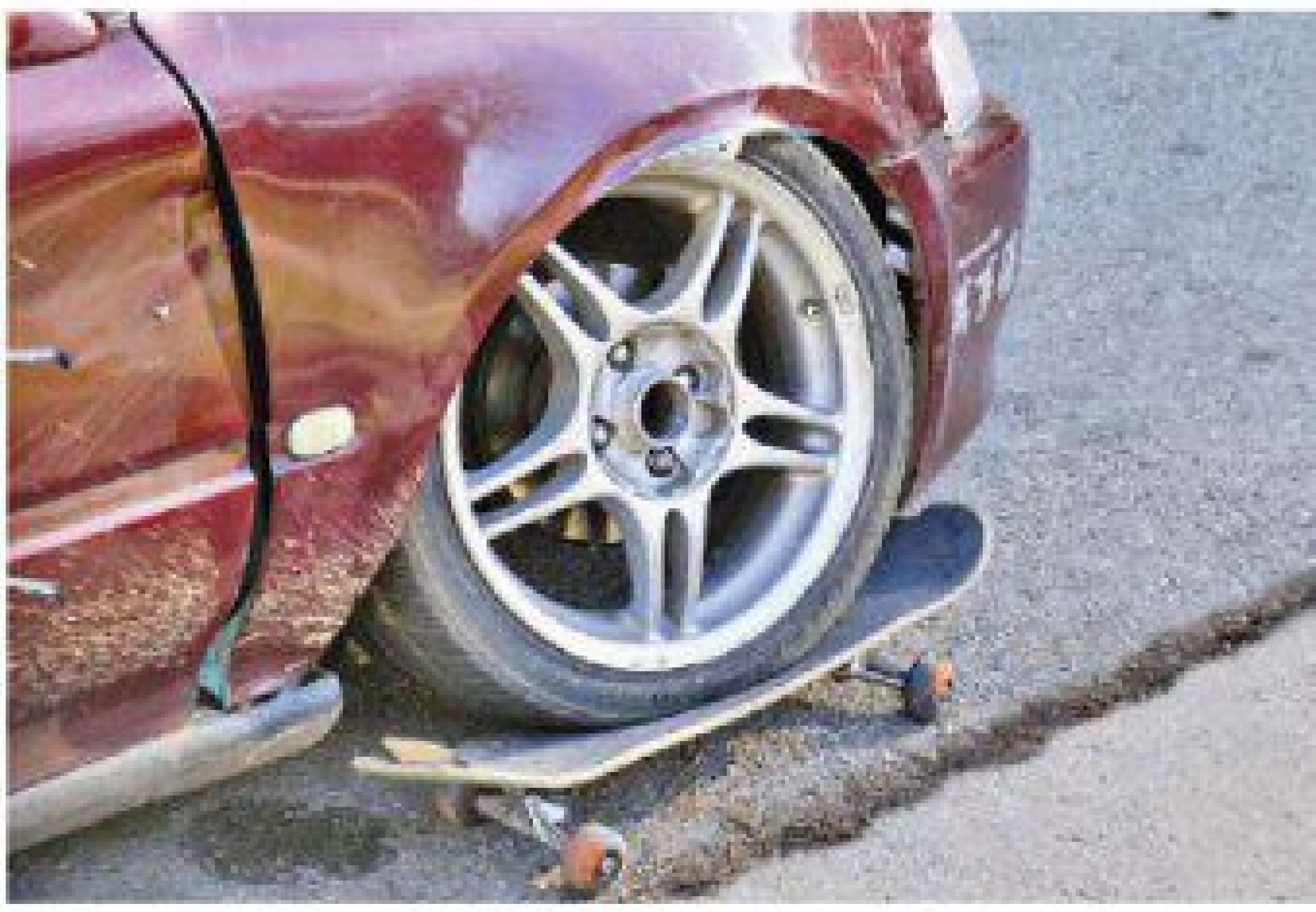
The teenager lost a contact lens while playing basketball in his driveway. After a brief, fruitless search, he gave up. His mother took up the cause and within minutes found the lens.

"How did you do that?" he asked.

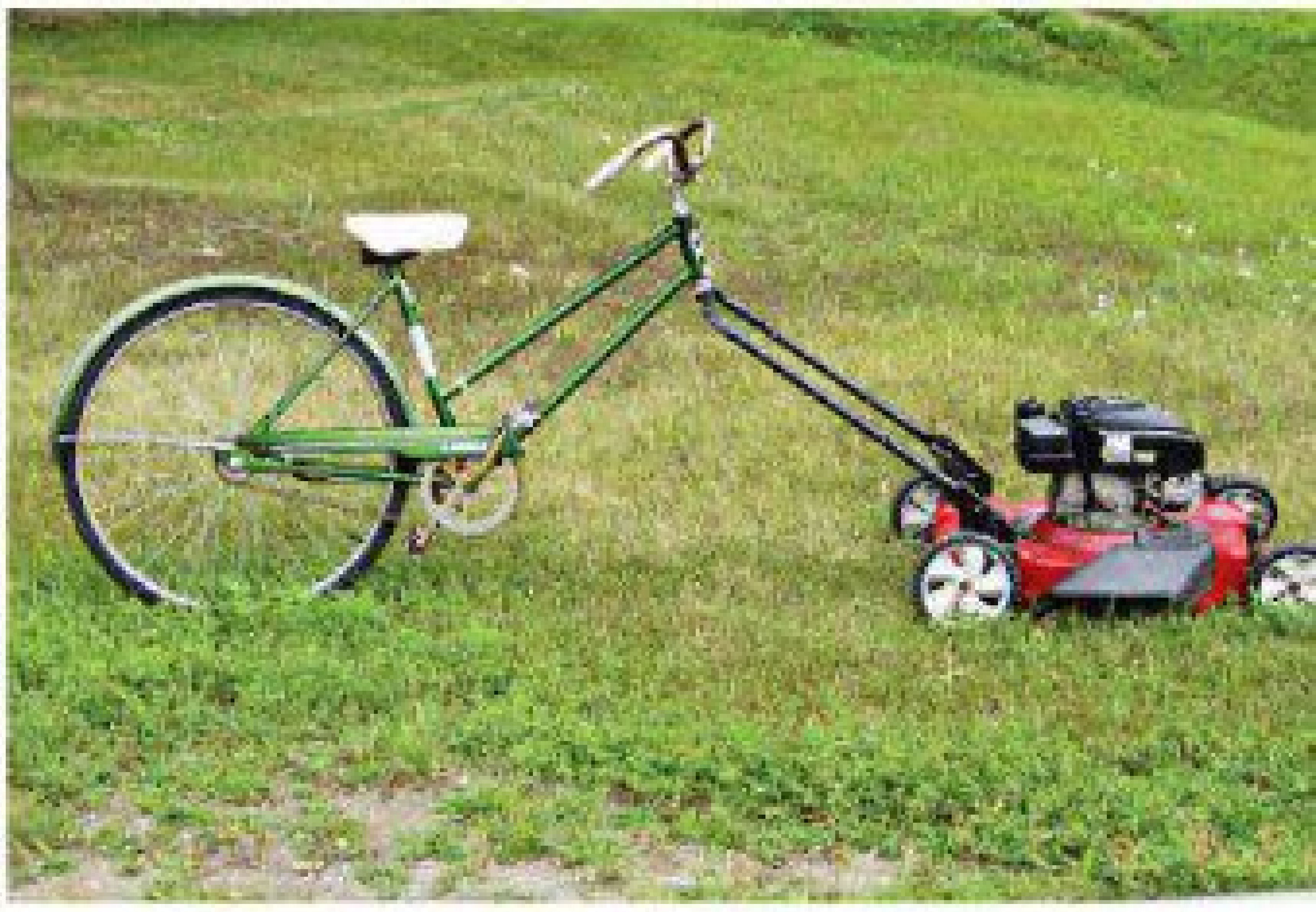
"We weren't looking for the same thing," she explained. "You were looking for a small piece of plastic. I was looking for $150."

If I Had a Hammer

We all have inner do-it-yourselfers dying to come out. The book *There, I Fixed It* (*No, You Didn't*) (Andrews McMeel) proves some should stay in.



The spare spare tire.



Billy wanted a new bike.
Mom wanted free labor.

Your favorite new joke, funny anecdote, or crazy news story might be worth $$$. See page 74 for details.

Consumer Information Reader's Digest may share information about you with reputable companies in order for them to offer you products and services of interest to you. If you would rather we not share information, please write to Reader's Digest Customer Care, PO Box 6095, Harlan, Iowa 51593-1595. *Reader's Digest* publishes ten issues per year—subject to change without notice. We may also occasionally publish extra issues and special issues (which count as two in a subscription). Published monthly (except bimonthly in June/July and December/January) by The Reader's Digest Association, Inc., 44 South Broadway, White Plains, New York 10601. A special Reader's Digest Large Print with selected articles from *Reader's Digest* is published by RD Large Edition, Inc. For details, write: Reader's Digest Large Print, PO Box 6097, Harlan, Iowa 51593-1597. Reader's Digest (ISSN 0034-0375) (USPS 865-820), Vol. 178, No. 1066, May 2011. © 2011 The Reader's Digest Association, Inc. All rights reserved. Unauthorized reproduction, in any manner, is prohibited. Reader's Digest, The Digest, and the Pegasus logo are registered trademarks, and Make It Matter is a trademark, of The Reader's Digest Association, Inc. Marca Registrada. Printed in U.S.A. Periodicals postage paid at White Plains, New York, and at additional mailing offices. You may cancel your subscription at any time and receive a refund for copies not previously addressed. Your subscription will expire with the issue identified above your name on the address label. **POSTMASTER:** Send address changes to Reader's Digest, PO Box 6095, Harlan, Iowa 51593-1595. **SUBSCRIBERS:** If the Post Office alerts us that your magazine is undeliverable, we have [illegible] in one year.

Please Recycle This Magazine

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

100% Satisfaction Guaranteed! • Lifetime Warranty On All Hand Tools!

SALE STARTS TODAY!

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 340 STORES NATIONWIDE and use this 20% OFF Coupon on one of our 7,000 products*, plus pick up a FREE pair of Split Leather Work Gloves, a $2.99 VALUE with any purchase. We stock Automotive products, Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Material Handling, Woodworking Tools, Welders, Tool Boxes, Outdoor Equipment, Generators, and much more.

NOBODY BEATS OUR QUALITY, SERVICE AND PRICE!

SUPER COUPON!

FREE!

WITH ANY PURCHASE

SPLIT LEATHER WORK GLOVES 1 PAIR

ITEM 97115/ 67440

Item 97115 shown

REG. PRICE $2.99

HARBOR FREIGHT TOOLS - LIMIT 1 Free item only available with qualifying minimum purchase (excluding price of free gift item). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Shipping & Handling charges may apply if free item not picked up in-store. Coupon cannot be bought, sold or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the offer. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

23611486

SUPER COUPON!

20% OFF

ANY SINGLE ITEM!

HARBOR FREIGHT TOOLS - LIMIT 1 Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. *Cannot be used with any other discount or coupon. Coupon not valid on any of the following: gift cards, Inside Track Club membership, extended service plans, Compressors, Generators, Tool Cabinets, Welders, Floor Jacks, Campbell Hausfeld products, open box items, Parking Lot Sale items, Blowout Sale items, Day After Thanksgiving Sale items, Tent Sale items, 800 number orders, or online orders. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store in order to receive the offer. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

47486048

SUPER COUPON!

OSCILLATING MULTIFUNCTION POWER TOOL

LOT NO. 67256

CHICAGO ELECTRIC POWER TOOLS

SAVE 58%

THE PERFECT TOOL TO CUT, SAND, SCRAPE AND SAW YOUR WAY THROUGH ALL YOUR PROJECTS!

17 DIFFERENT ATTACHMENTS AVAILABLE IN OUR STORES!

$24.99 REG. PRICE $59.99

HARBOR FREIGHT TOOLS - LIMIT 5

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

45336237

SUPER COUPON!

6 PIECE PLIERS SET

PITTSBURGH

LOT NO. 38082/46005

SAVE 33%

$9.99

Item 38082 shown

REG. PRICE $14.99

HARBOR FREIGHT TOOLS - LIMIT 8

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

23861537

SUPER COUPON!

CHICAGO ELECTRIC POWER TOOLS

10" SLIDING COMPOUND MITER SAW

LOT NO. 98199

SAVE $60

SAW BLADE INCLUDED

$79.99

REG. PRICE $139.99

HARBOR FREIGHT TOOLS - LIMIT 5

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

93521839

SUPER COUPON!

AUTOMATIC WRIST BLOOD PRESSURE MONITOR

LOT NO. 67212

Requires 2 AAA batteries (sold separately).

$14.99

REG. PRICE $29.99

SAVE 50%

HARBOR FREIGHT TOOLS - LIMIT 7

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

37879301

SUPER COUPON!

3 GALLON 100 PSI OILLESS PANCAKE AIR COMPRESSOR

CENTRALPNEUMATIC

LOT NO. 95275

$44.99 REG. PRICE $74.99

SAVE 40%

HARBOR FREIGHT TOOLS - LIMIT 5

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

82555665

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

100% Satisfaction Guaranteed! • Lifetime Warranty On All Hand Tools!

SUPER COUPON!

6 FT. x 8 FT. ALUMINUM GREENHOUSE

One Stop GARDENS

LOT NO. 47712

$299.99

REG. PRICE $389.99

SAVE $90

HARBOR FREIGHT TOOLS - LIMIT 4

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

14501928

SUPER COUPON!

LOT NO. 66783

10/2/55 AMP, 6/12 VOLT BATTERY CHARGER/ ENGINE STARTER

SAVE 62%

CHICAGO ELECTRIC POWER SYSTEMS

$25.99

REG. PRICE $69.99

HARBOR FREIGHT TOOLS - LIMIT 5

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

91121954

SUPER COUPON!

Item 96933 shown

12 VOLT MAGNETIC TOWING LIGHT KIT

HAUL-MASTER®

SAVE 66%

LOT NO. 96933/67455

$9.99

REG. PRICE $29.99

HARBOR FREIGHT TOOLS - LIMIT 6

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

96495791

SUPER COUPON!

US★GENERAL

11 DRAWER ROLLER CABINET

INCLUDES:

- 6 Drawer Top Chest
- 2 Drawer Middle Section
- 3 Drawer Roller Cabinet

LOT NO. 67421

SAVE $160

REG. PRICE $299.99

$139.99

HARBOR FREIGHT TOOLS - LIMIT 3

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

13009337

SUPER COUPON!

PITTSBURGH AUTOMOTIVE

RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

NEW!

LOT NO. 68053

SAVE $50

3-1/2 PUMPS LIFTS MOST VEHICLES!

$69.99

REG. PRICE $119.99

HARBOR FREIGHT TOOLS - LIMIT 4

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

94702024

SUPER COUPON!

7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP

HFT

LOT NO. 877

$3.99

REG. PRICE $6.99

SAVE 42%

HARBOR FREIGHT TOOLS - LIMIT 6

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

17443623

SUPER COUPON!

6" DIGITAL CALIPER

CEN-TECH.

LOT NO. 47257

Includes two 1.5V button cell batteries.

SAVE 66%

$9.99

REG. PRICE $29.99

HARBOR FREIGHT TOOLS - LIMIT 9

This valuable coupon is good anywhere you shop Harbor Freight Tools (retail stores, online, or 800 number). Cannot be used with any other discount or coupon. Coupon not valid on prior purchases after 30 days from original purchase date with original receipt. Offer good while supplies last. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in-store, or with your order form, or entered online in order to receive the coupon discount. Valid through 8/12/11. Limit one coupon per customer and one coupon per day.

26420562

---

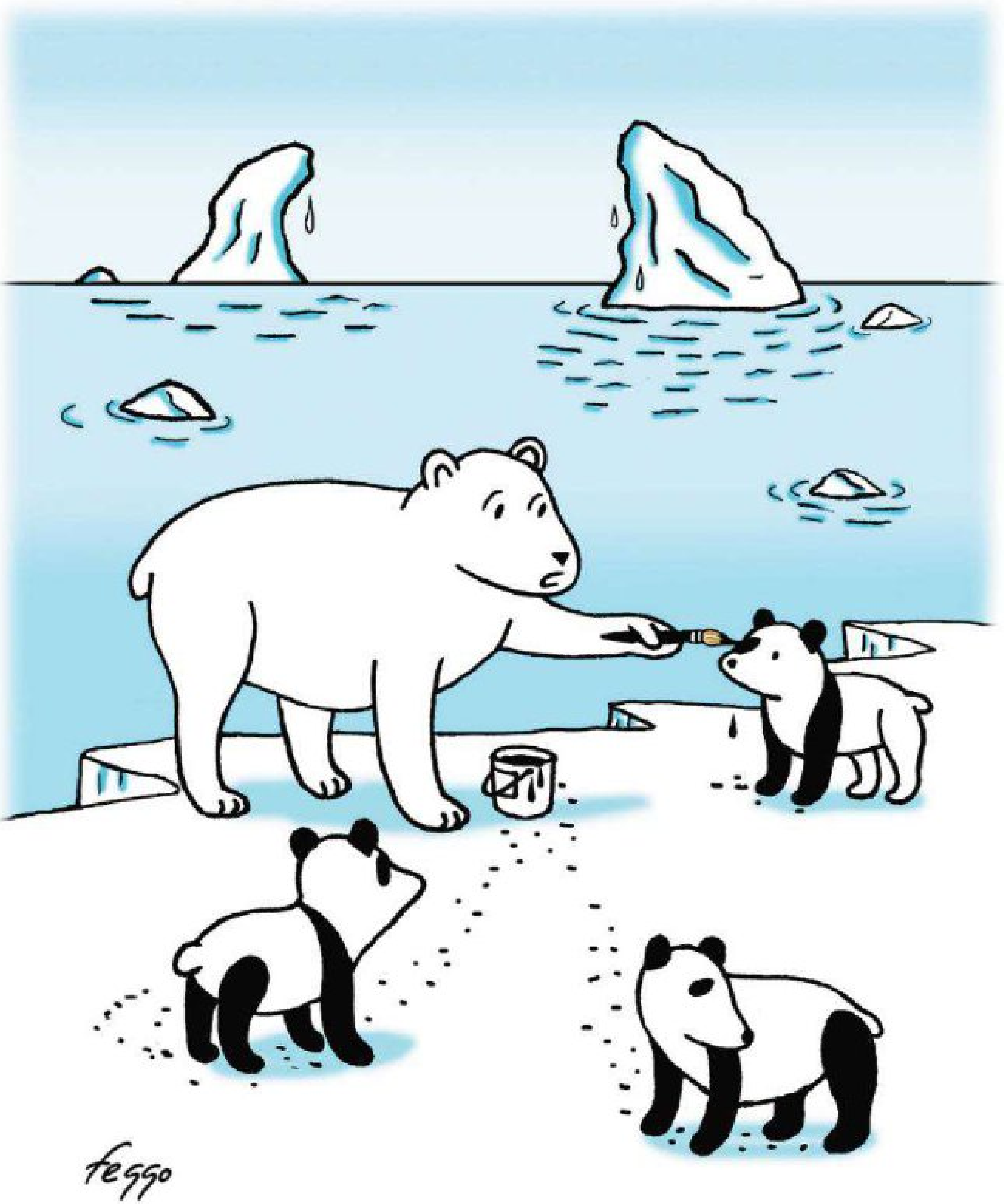
3 EASY WAYS TO SHOP!

1. VISIT! 340 Stores Nationwide

2. GO TO! www.HarborFreight.com

3. CALL! 1-800-423-2567

LastLaugh



"We can't stay here, and your father has connections in China."

ILLUSTRATED BY FEGGO

©2011 AMERICA'S MILK PROCESSORS

Easy act to follow.

9 out of 10 Americans aren't getting essential nutrients we need. That's a serious gap. But just one more serving of nutrient-rich milk a day for you and your family can help fill it. Sometimes the smallest acts make the biggest difference. So, pour one more.

got milk?®

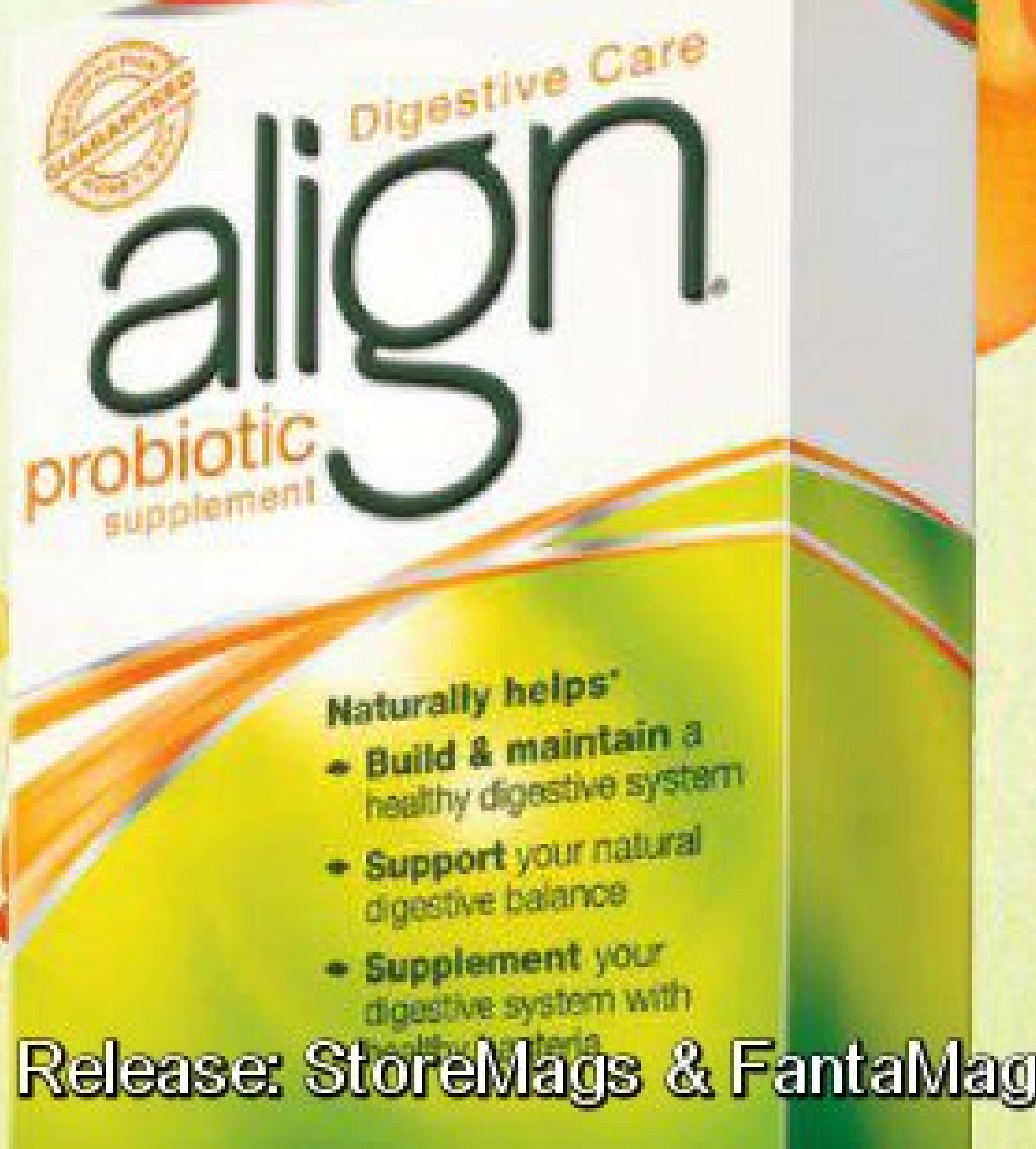
whymilk.com/susansarandon

MANY PEOPLE
DON'T UNDERSTAND
THEIR DIGESTIVE SYSTEM.
BUT GASTROENTEROLOGISTS DO.**

They've made Align® the #1 recommended probiotic. Align is the product of 10 years of research, and it has something you can't get anywhere else: a patented good bacteria called Bifantis® And when Align is added, it supplements your digestive system with good bacteria, which naturally helps support your digestive balance* So start taking the #1 Gastroenterologist recommended probiotic.

GASTROENTEROLOGIST #1 RECOMMENDED**

Start taking Align today.


GUARANTEED
Digestive Care
align®
probiotic
supplement
Naturally helps*
Build & maintain a healthy digestive system
Support your natural digestive balance
Supplement your digestive system with healthy bacteria

GREAT
DIGESTION
THROUGH
SCIENCE™

**Among gastroenterologists who recommend a brand of probiotic in a Wolters Kluwer 2010 survey.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

© Procter & Gamble, Inc., 2011 APAD110C5

Release: StoreMags & FantaMag